real life made simple

Canadian Living

celebrate Thanksgiving

Easy ideas

FOR A HARVEST FEAST TO REMEMBER

NEW FAMILY CLASSICS (YOU'LL LOVE OUR MAC 'N' CHEESE)

FIVE WAYS TO WAKE UP WITHOUT COFFEE

Secrets to AGELESS STYLE fashion, skin care and MORE

Bake the Cover! DECADENT CHOCOLATE PECAN PIE PAGE 25

STRENGTHEN YOUR CORE with 3 EASY MOVES

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CELL RENEWAL™
ROSY TONE CREAM
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Helen Mirren

*Consumer self-assessment over 4 weeks.
†Based on skin surface cell turnover.
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A HEALTHY
ROSY TONE
AFTER 4 WEEKS*

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Sarah

Sarah Richardson
Designer and Television Personality

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NOT ALL WRINKLES ARE CREATED EQUAL

REVLON
YOUTH
FX
FILL + BLUR PRIMER
FOR FOREHEAD

1

FOR DEEP FOREHEAD WRINKLES

With a precision brush that reaches into crevices, our forehead primer helps to transform the deeper wrinkles found on the forehead area.

BEFORE
AFTER

REVLON
YOUTH
FX
FILL + BLUR PRIMER
FOR FACE/NECK

2

FOR NECK AND FACIAL LINES

Our face and neck primer is formulated to fill and blur lines over larger areas.

BEFORE
AFTER

REVLON
YOUTH
FX
FILL + BLUR
CONCEALER

3

FOR FINE LINES AROUND THE EYES

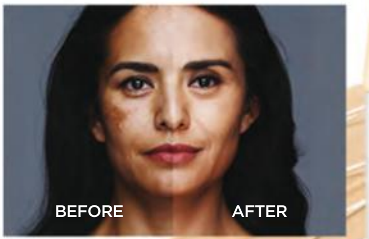
This concentrated formula conceals under-eye circles and brightens dull skin, with a soft cushion applicator designed for easy blending.

BEFORE
AFTER

4

FOR ALL-OVER FACE

Our lightweight, full-coverage foundation dramatically evens skin tone – and is the perfect antidote to age spots and hyperpigmentation.


BEFORE
AFTER

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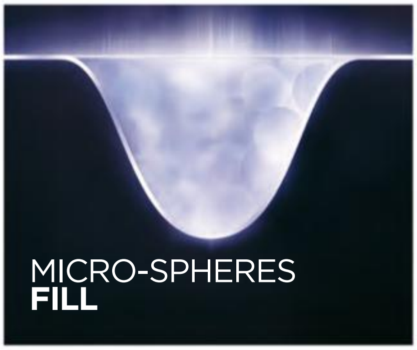
FILL + BLUR
FOUNDATION
SPF 20
BROAD SPECTRUM

THE SCIENCE BEHIND REVLON YOUTH FX™


MICRO-SPHERES
FILL

Micro-spheres attach to the bottom of wrinkles to fill them in

OPTICAL DIFFUSERS
BLUR

Optical-blurring ingredients diffuse light to de-emphasize shadows

ALL BEFORE AND AFTER IMAGES ARE UNRETOUCHED

GWEN STEFANI
FOR REVLON®
CHOOSE TO
WORK YOUR MAGIC
CHOOSE LOVE
1
2
3
4
REVLON YOUTH FX FILL + BLUR PRIMER FOR FOREHEAD
REVLON YOUTH FX FILL + BLUR PRIMER FOR FACE/NECK
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FOOD STYLING, CLAIRE STUBBS
PROP STYLING, LARA MCGRAW

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[K]
[Mn]
[F]
[PO_4^{3-}]
[Mg]
[Fe]
[B]
[Na]
[Li]
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FORTIFYING AND HYDRATING DAILY SKIN BOOSTER
O, THE OPRAH MAGAZINE
Fall
BEAUTY
O-WARDS
2017

[89% VICHY MINERALIZING THERMAL WATER
+ NATURAL HYALURONIC ACID]

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new beginnings

The world is changing, women are changing and we're changing, too.

Whether it's the beauty of our landscape (and its beauty is world-renowned) or the exceptional people who reside here, Canada is the only place I'll ever want to live.

That's why taking the helm of *Canadian Living* is a dream come true. To be able to work on an iconic Canadian brand (did you know that we're almost 42 years old?) that celebrates this incredible country is an honour.

But the world is changing, women are changing and *Canadian Living* is changing, too. Our mandate is to help you, our wonderful reader, make each day your best. Our new tagline is "Real life made simple"—a sentiment that's carried through our pages from cover to cover.

Over the past few months, we've reached out to many of you to learn what you want to see more of in this magazine. The resounding answer was "More recipes!" Fifty percent of you told us that you try a *Canadian Living* recipe every single month! (Shout-out to the reader who makes a weekly tradition of it with her mom.) Imagine: In four decades, the Canadian Living Test Kitchen has developed more than 25,000 Tested-Till-Perfect recipes (there are more than 11,000 on canadianliving.com) and, in addition, has produced 71 cookbooks and 42 special issues! And we have so much more coming your way.

We're also keen to hear what you think about our effortless solutions for everyday life. Our new Life & Community section will deliver relationship, career and financial advice as well as inspiring stories celebrating Canadian women we admire. The Health & Fitness coverage will empower you with easy exercises, nutritious recipes to nourish your body and pro tips to make healthier decisions. With expert guidance on what to wear, how to get glowing skin and the best products Canada has to offer, our Fashion & Beauty coverage will show you how to look stylish without breaking the bank, and our Home & Garden team will tell you how to beautify your home, inside and out, with easy DIYs and organizing solutions. All in all, we want to help you achieve optimal well-being and be the best you!

I'm so excited to present the new *Canadian Living* to you. I think this is the beginning of a beautiful friendship.

Erin

Erin McLaughlin cl.readers@tva.ca

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instagram.com/erin.mclaughlin1

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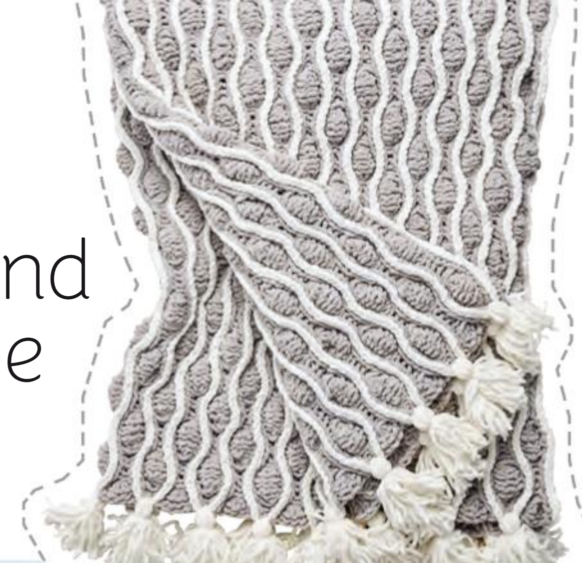
GARNIER

16 tricks, tips and ideas we love this month

1

SWEATER SAVER

The unsung hero in every woman's fall wardrobe is a cozy sweater, but before you wash your steadfast staple, nix the spin cycle. The rough repetitive motion will stretch knits and ruin their shape—especially if the sweater is made from natural fibres. Another simple tip to avoid snags and help maintain shape is to button up cardigans and zip up hoodies.



2

Pattern play

Along with the cooler weather comes an undeniable urge to curl up under a handmade blanket. Lucky for you, we persuaded Yarnspirations.com, the Canadian online knitting and crocheting resource, to offer the pattern for this Bernat Blanket tasselled throw on our website—free! Log on to **canadianliving.com/trellisthrow** to download the pattern and instructions.

EPICURE
Sage & Apple Stuffing
Farce Sauge et Pomme

3

SECRET WEAPON

Trim Thanksgiving dinner prep by using this stuffing seasoning. All you need for classic crowd-pleasing stuffing is this savoury flavour bomb, cubed bread, diced celery and chicken broth—and half the time.

Epicure Sage & Apple **STUFFING SEASONING**, $7.50, epicure.com.

PHOTOGRAPHY, ALVARO GOVEIA (WOMAN); ISTOCKPHOTO (LOOSE SPICE MIX, GNOCCHI); RYAN BROOK (BOOKSHELF). ILLUSTRATION, ISTOCKPHOTO (POTATOES); CHRISTINE HANLON (TABLE SETTING). HAIR AND MAKEUP, OLIVIA COLACCI/ORIBE/CHANEL/JUDYINC.COM

4

Gourmet glossary

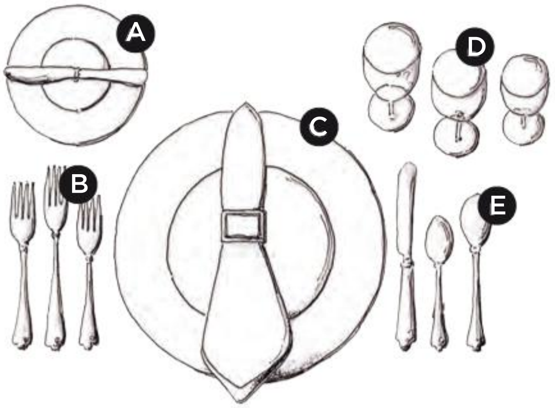
Gnocchi [NYOH-kee]: It's Italian for dumplings—those fluffy, pillowy bites of perfection. Reinvent leftover mashed potatoes as gnocchi (see page 104) or amp up everyday mac 'n' cheese like never before (page 123).

5

BIBLIO-STYLE

Some like to organize their books alphabetically, while others prefer to group them by genre. We like to strip our hardcovers of their jackets and arrange them according to the colours of the rainbow. A colour-coded bookshelf can give your space a lift, and its streamlined, orderly appearance gives off a soothing vibe. For the visual thinker, this arrangement is the pot of gold at the end of the rainbow.

6 Setting pretty



USE OUR HANDY GUIDE TO SET THE PERFECT TABLE THIS THANKSGIVING.

A. BREAD AND BUTTER Place the bread-and-butter plate and knife at top left, above the forks.

B. FORKS The order of your forks, from outside to in, is determined by the order of your meal, from start to finish.

C. PLATES Start with a charger or a dinner plate topped with a salad plate if salad will be served first.

D. STEMWARE Use crystal or glass in a grouping at top right. In this trio, a white wineglass, a red wineglass and a water goblet are placed for easy access during the meal.

E. SPOONS AND KNIFE The same rule as for the forks applies here: Work from the outside in, determined by the order of the meal.

7

Spud shelter

Potatoes love to be stored in a cool, dark place. Don't keep them in the fridge or—worse!—on the counter naked and exposed. Instead, liberate an old shoe box, line the bottom with a paper bag and poke holes in the sides and lid for ventilation. Tuck the spuds in the box and store in the coolest part of the kitchen (or a cold cellar).

8

PINK POWER

For Breast Cancer Awareness Month, we've uncovered 10 things you didn't know about "the girls." Visit **canadianliving.com/10things aboutbreasts** to learn more.

WOW DER
wowder™
weightless finishing powder
poudre de finition ultra-légère
net wt. 0.25 oz poids net 7.2 g

Glossier now ships to Canada!

9

FACE PERFECTOR

It's not just powder; it's Wowder. Leave it to new-to-Canada cult-favourite brand Glossier to redefine face powder. This product includes diamond powder (so your visage doesn't look flat), kaolin clay (to keep oil at bay) and vitamin E (to prevent skin from getting too dry). The result is a soft-focus finish that doesn't settle into fine lines or look cakey or chalky. Our reaction? Wow.

Glossier Wowder Weightless **FINISHING POWDER**, $27 ($45 with Wowder Brush), glossier.com.

10

Foodie following

Share your CL creations with us on Instagram! If you've made one of our recipes, take a snap and tag us with #CLgetcooking.

Follow us **@canadianliving**

@theonlyiainever

@burgers.and.scones

11

GERMAN LESSON

The annual Bavarian festival that celebrates all things German, from beer to schnitzel, is coming! And would you have ever guessed that the **Kitchener-Waterloo Oktoberfest (Oct. 6 to 14)** is the second largest in the world? So iron out those lederhosen, wash your favourite stein and brush up on your pronunciation of "prost" (cheers) and "zum wohl" (to your health).

> "The intelligent way to be selfish is to work for the welfare of others."
>
> *–Dalai Lama*

READ ABOUT THREE INSPIRING CANADIAN FAMILIES MAKING A DIFFERENCE AT HOME AND ABROAD (PAGE 53).

12

HEARTH WARMER

This fireplace sparked our interest with its gorgeous marble-look surround and sneaky storage cubbies in the side panels.

Canvas Marseille **FIREPLACE**, $700, canadiantire.ca.

PHOTOGRAPHY, INSTAGRAM.COM/THEONLYIAINEVER (PIZZA); INSTAGRAM.COM/BURGERS.AND.SCONES (SCONES); ILLUSTRATION, ISTOCKPHOTO

Youth is timeless.
Thanks to Double Serum.
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PARIS
Double Serum
[Hydric + Lipidic System]
It’s all about you.
CLARINS

13

Fantastic finish

Coated in dollops of buttery chocolate icing, our Spiced Pumpkin Layer Cake could be the grand finale to any feast. Go to canadianliving.com/pumpkincake for this delicious recipe.

14

SNACK STORIES

Old Dutch
Ketchup

Are Old Dutch ketchup potato chips really Canadian? How about Cheezies? *Snacks: A Canadian Food History* by Janis Thiessen delves into the history of these and other homegrown essentials for a lively and entertaining look at our epicurian past.

SNACKS: A CANADIAN FOOD HISTORY (University of Manitoba Press) by Janis Thiessen, $28.

October = Outdoor Fun

- ○ Go apple picking
- ○ Hike to check out the changing leaves
- ○ Visit a small-town fall fair
- ○ Find your jack-o'-lantern at a pumpkin festival
- ○ Race a loved one through a corn maze

16

Chill Pills

Lemon balm and goji berries are part of the magical recipe for relaxation in this powerhouse made-in-Canada supplement derived from non-GMO organic foods.

Well Told Health **RELAXATION BOOSTER**, $35, welltold.com.

WELL TOLD
HEALTH
RELAXATION BOOSTER

15

FAVOURITE FOLLOW: @CELINEDION

The Quebec songstress has rediscovered her passion for fashion thanks to her new stylist/image architect, Law Roach (@luxurylaw), with the result that she's now the sartorial (and Instagram) world's most wanted person. Check out our slide show of her sophisticated style at **canadianliving.com/celine**.

PHOTOGRAPHY, JAMES TSE (CAKE); INSTAGRAM.COM/CELINEDION (DION)

NEW

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Our most powerful age control concentrate ever.

Two power-packed serums in one.

New cutting-edge formula with [20+1] potent plant extracts, including Turmeric—distinguished for its exceptional anti-aging properties.

Performance that goes further in decoding the language of youth, to address all visible signs of skin aging.

After 7 days*:

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83% More radiant skin
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*Satisfaction test – 362 women – 7 days.

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TESTED TILL PERFECT
Canadian Living
TEST KITCHEN

dark chocolate bourbon pecan pie

TEST KITCHEN TECHNIQUE

To create decorative leaves, while pie is cooling, roll remaining pastry to ⅛-inch thickness. Using leaf-shaped cookie cutter, cut out leaves, rerolling scraps as necessary; using knife tip, score surface of leaves to create veining. Arrange on parchment paper–lined baking sheet; brush with 1 egg beaten with 1 tbsp water. Bake in 350˚F oven until golden brown, 10 to 12 minutes. Place leaves around edge of cooled pie.

RECIPE THE TEST KITCHEN
PHOTOGRAPHY MAYA VISNYEI
FOOD STYLING CLAIRE STUBBS
PROP STYLING LARA McGRAW

DARK CHOCOLATE BOURBON PECAN PIE

MAKES 12 SERVINGS
HANDS-ON TIME 30 MINUTES
REFRIGERATION TIME 1½ HOURS
TOTAL TIME 4 HOURS

Pastry

1¼ cups	all-purpose flour
1 tbsp	granulated sugar
½ tsp	salt
½ cup	unsalted butter
¼ cup	ice water (approx)
1 tsp	cider vinegar

Filling

2 cups	pecan halves
½ cup	unsalted butter, melted
¾ cup	maple syrup
½ cup	packed Demerara sugar
3	eggs
3 tbsp	bourbon
1 tbsp	cider vinegar
½ tsp	salt
½ cup	dark chocolate chips

Garnish

whipped cream (optional)
vanilla ice cream (optional)

Pastry In large bowl, whisk together flour, sugar and salt. Using pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs with a few larger pieces. Drizzle ice water and vinegar over top, tossing with fork and adding up to 1 tsp more ice water if necessary to form ragged dough. Shape into disc; wrap in plastic wrap and refrigerate until chilled, about 1 hour.

Preheat oven to 400°F. Let pastry stand at room temperature until slightly softened, about 5 minutes. If desired, reserve quarter of the dough to make decorative leaves (see tip, opposite).

On lightly floured work surface, roll out pastry to 10-inch circle; fit into 9-inch shallow pie plate, trimming to fit. Using knife tip, press dough onto rim; prick bottom of crust all over with fork. Refrigerate until firm, about 30 minutes.

Line crust with parchment paper and fill with pie weights or dried beans; bake on bottom rack for 15 minutes. Remove pie weights and parchment paper; bake for 8 minutes. Let cool completely.

Filling Reduce oven temperature to 350°F. On rimmed baking sheet, toast pecans, 8 to 10 minutes; let cool completely. In large bowl, whisk together butter, maple syrup, sugar, eggs, bourbon, vinegar and salt; stir in pecans and chocolate chips. Scrape mixture into crust.

Bake on baking sheet on bottom rack until filling is set, 45 to 50 minutes. Let cool completely in pan on rack.

Garnish Serve with whipped cream or ice cream (if using).

PER SERVING about 450 cal, 5 g pro, 31 g total fat (13 g sat. fat), 39 g carb (3 g dietary fibre, 25 g sugar), 89 mg chol, 217 mg sodium, 195 mg potassium. % RDI: 5% calcium, 15% iron, 16% vit A, 14% folate.

TEST KITCHEN MAKE-AHEAD

Refrigerate pastry disc for up to 3 days or freeze in airtight container for up to 1 month.

yourself
youtheory
Collagen advanced formula
Collagène formule avancée
160 tablets | comprimés
NPN 80030385
youtheory
Turmeric advanced formula
Curcuma formule avancée
120 tablets | comprimés
NPN 80053468

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www.youtheory.com

treat yourself
BALLET FLATS

If you're after a flat style that visually lengthens legs, try pointy-toed ballet flats like these wear-forever luxurious beauties.

BALLET FLATS, $309, prettyballerinas.ca.

Elevate your everyday go-to flats. Choose a pair decorated with rosettes, beading or ribbon.

PrettyBallerinas
PrettyBallerinas

fashion & beauty

ask an expert 28
fashion essentials 30
effortless chic 32
the elements 40
love those lips 42
the beauty edit 44

Q&A

With Julia McEwen

OUR FASHION & BEAUTY DIRECTOR FINDS THE ANSWERS TO YOUR BEAUTY-RELATED QUESTIONS.

FACE Time

This issue, we respond to your queries about the best ways to care for dry skin and how to wear makeup like a pro.

Q I'm so confused when I see an eyeshadow palette that's full of different colours. Is there a correct way to apply so many shades?

Chances are you don't need a palette that has more than six or seven colours, so my advice is to skip the supersize versions. If you tend to use the same few shades, try the first three shadows in the palette together to create a casual smoky eye. Usually, those hues tend to be more neutral, whereas the last three will be more dramatic (great for evening!).

We adore the limited-edition Lise Watier x Elle Palette Weekender **EYESHADOWS** ($48, lisewatier.com). The rose-gold-and-marble packaging is gorgeous, and the metallic shades inside are au courant and provide major colour payoff.

Q What's the difference between dehydrated skin and just plain old dry skin?

Whether your priority is to treat dark spots and wrinkles or cleanse your skin, you should know which camp you fall into so you can choose the right formulations. Dry skin lacks oil, so introduce a facial oil into your routine; these products absorb quickly and support the skin's lipid barrier. For skin that's deprived of water due to dry air and cold temperatures, you'll need to swap out your light moisturizer for something more substantial, like a cream or a balm.

ESTĒE LAUDER
Advanced Night Repair Eye Concentrate Matrix
Synchronized Recovery

Q How can I soften my crow's-feet?

Botox is still the most effective way of slowing down the progression of crow's-feet, but the $300-plus injectable treatment is off the table for most of us. For a topical solution, you can try Estée Lauder Advanced Night Repair Eye Concentrate Matrix ($88, thebay.com). The serum has a patent-pending polymer and a twice-concentrated infusion of two kinds of hyaluronic acid to protect (and plump) the eye area against natural micromovements, such as blinking—something we do more than 10,000 times a day.

Send your beauty questions to **readers@canadianliving.com**.

Q I'm looking for a full-coverage foundation that won't dry out my already-parched skin. Any ideas?

A foundation that pays special attention to locking in moisture is what you require. Search for options with skin-care benefits, plus sunscreen, to keep your skin looking and feeling supple. Our pick is CoverGirl's new Vitalist Elixir Foundation ($18, walmart.ca), a foundation with full coverage and a radiant finish that will seal in hydration while helping protect and perfect your visage.

PHOTOGRAPHY, GEOFFREY ROSS (LOOSE EYESHADOW)

The wrinkle cream that raised the jar.

Neutrogena®
Rapid Wrinkle Repair®
regenerating cream
ACCELERATED
RETINOL·SA

NEW! Rapid Wrinkle Repair®
Regenerating Cream.

Reduce the look of wrinkles up to **5x more** than a leading prestige anti-aging serum[†].

It's the most concentrated Accelerated Retinol SA formula ever. You'll see healthier and younger-looking skin in one short week.

See what's possible.

Neutrogena®

#1 Dermatologist recommended*

[†] vs. a leading US prestige anti-aging serum. Based on the appearance of forehead, cheek, under-eye and crow's feet wrinkles.
*Adult skincare brand in North America, excluding Mexico. Data on file.
© Johnson & Johnson Inc. 2017

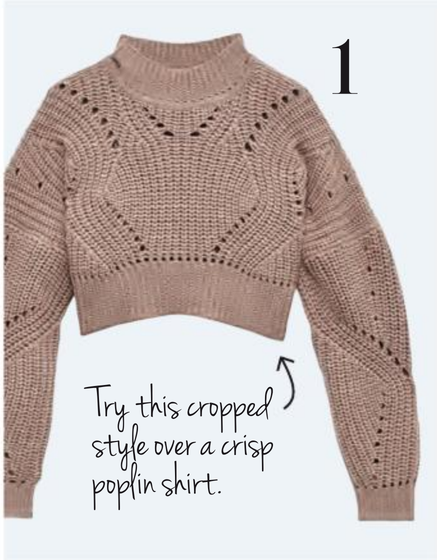
SWEATER, $60,
gapcanada.ca.
PENCIL SKIRT, $189,
tigerofsweden.com.
SHOES, oldnavy.ca.

Cold *Comforts*

The chicest way to beat the *brrr*s is by swathing yourself in a luxurious knit sweater. Each of our nine cozy picks will keep you warm all season long.

PRODUCER JULIA McEWEN

PHOTOGRAPHY, ALVARO GOVEIA (MODEL). HAIR AND MAKEUP, OLIVIA COLACCI/ORIBE/NARS/JUDYINC.COM



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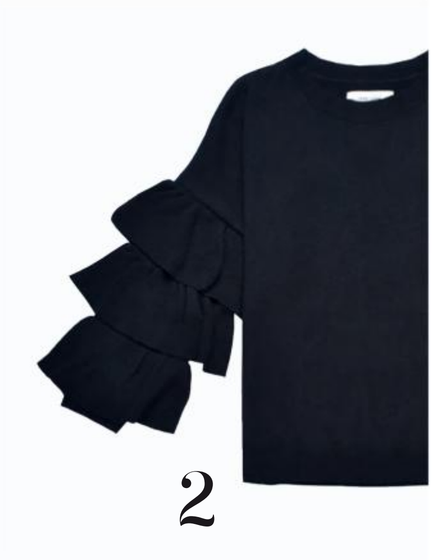
Try this cropped style over a crisp poplin shirt.



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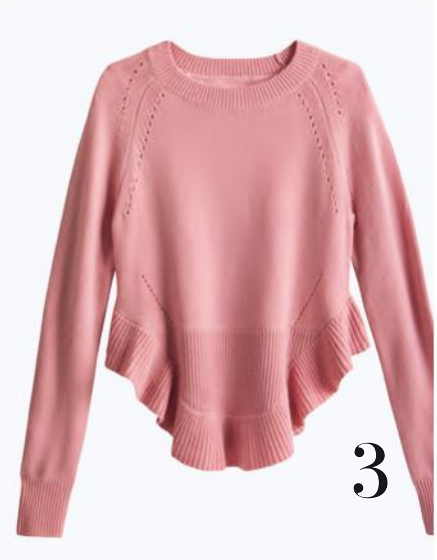

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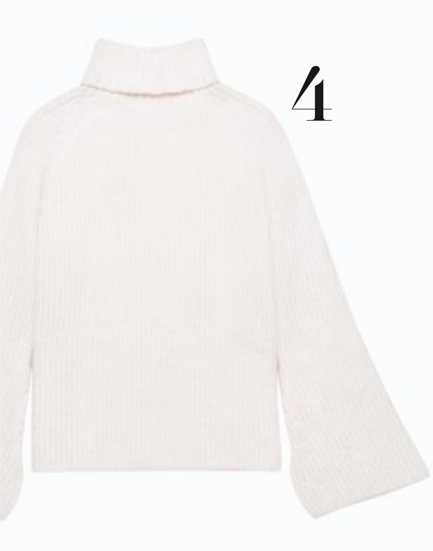

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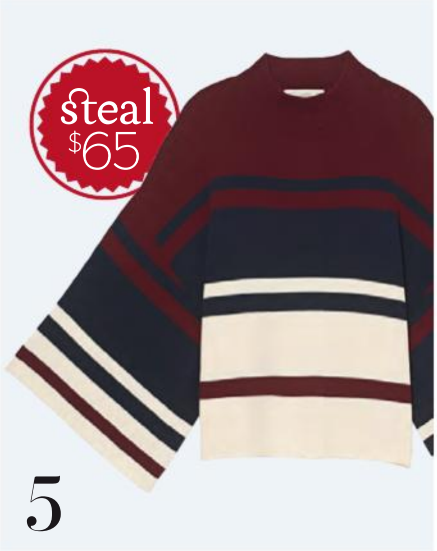
THE BIG CHILL

1. Wilfred **CROPPED SWEATER**, $145, aritzia.com. **2. TIERED-RUFFLE SWEATER**, $149, johnandjenn collection.com. **3. RUFFLED-HEMLINE SWEATER**, $108, anntaylor.com. **4. BELL-SLEEVED SWEATER**, $199, linethelabel.com. **5. KIMONO-SLEEVED SWEATER**, $65, loft.com. **6. TWO-TONED TURTLENECK**, $240, marc-cain.com. **7.** Michael Michael Kors **DISTRESSED TURTLENECK**, $295, michaelkors.ca. **8. RUFFLED-SHOULDER SWEATER**, $70, rw-co.com.



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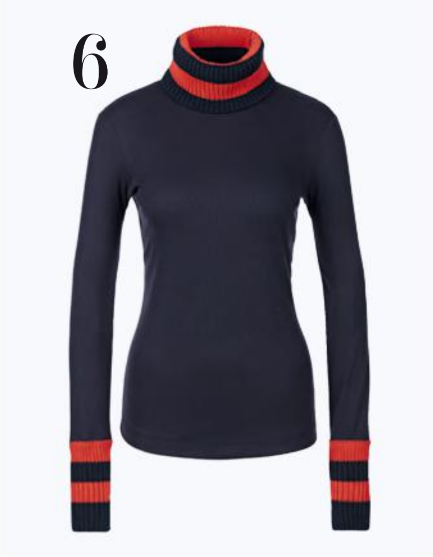

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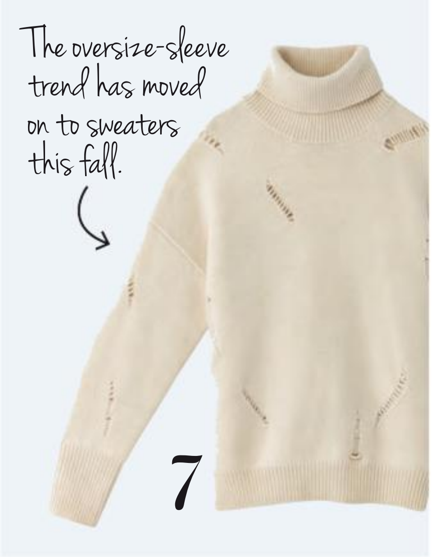

The oversize-sleeve trend has moved on to sweaters this fall.

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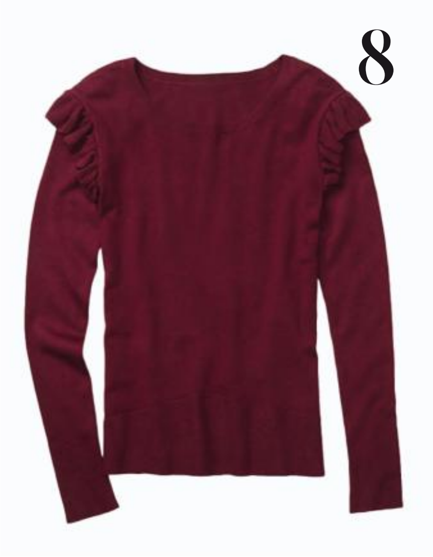

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french lessons

Are Frenchwomen inherently stylish? From their seamless ability to blend classic with glam to the way they make everything they wear look effortless and ageless, we can't help but think so. Here, we share the seven key styling teachings that fashionable Parisians follow.

PRODUCER JULIA McEWEN
PHOTOGRAPHY ALVARO GOVEIA
SHOT ON LOCATION IN NIAGARA-ON-THE-LAKE, ONT.

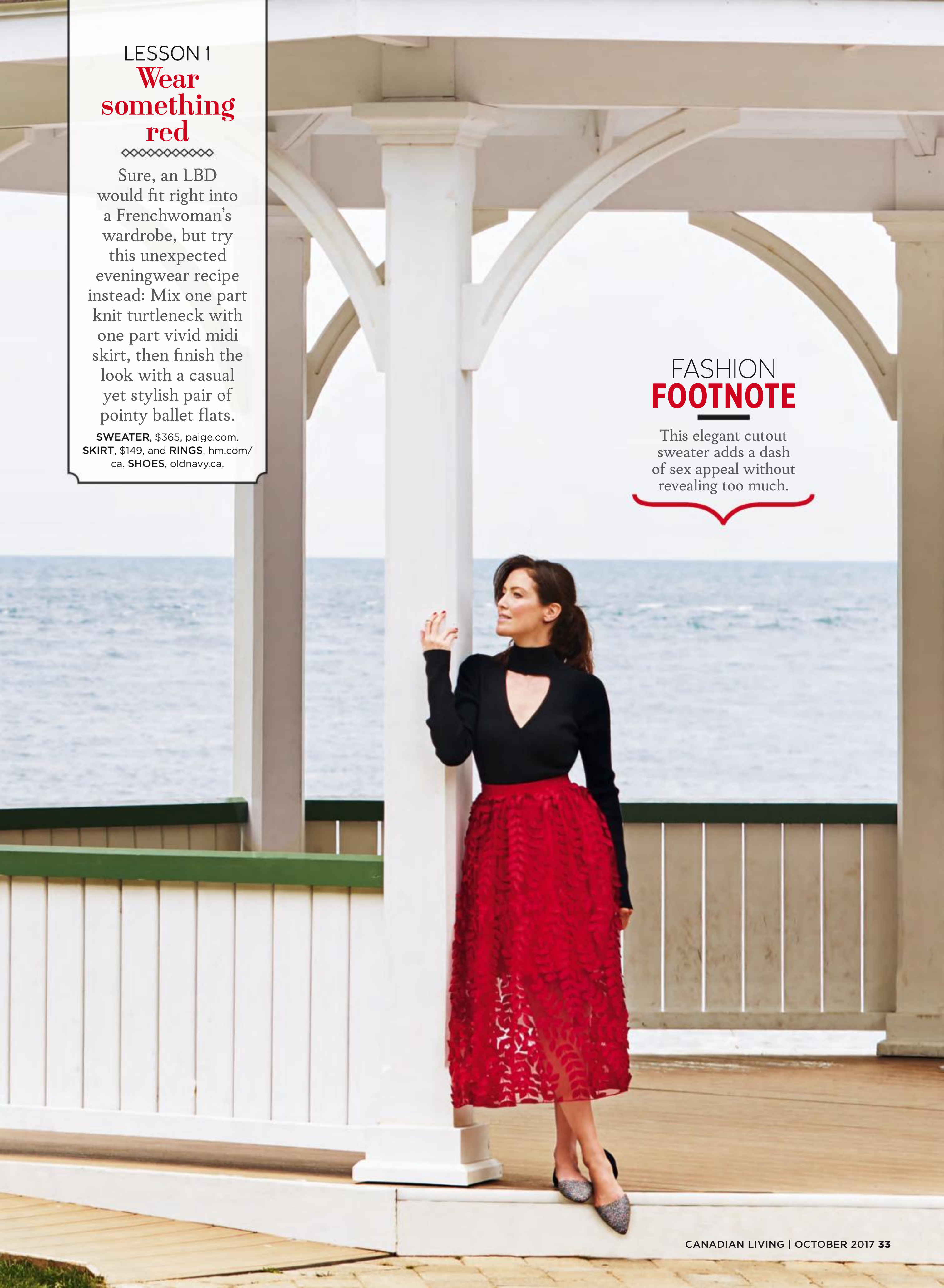
HAIR AND MAKEUP, OLIVIA COLACCI/ORIBE/CHANEL/JUDYINC.COM

LESSON 1

Wear something red

Sure, an LBD would fit right into a Frenchwoman's wardrobe, but try this unexpected eveningwear recipe instead: Mix one part knit turtleneck with one part vivid midi skirt, then finish the look with a casual yet stylish pair of pointy ballet flats.

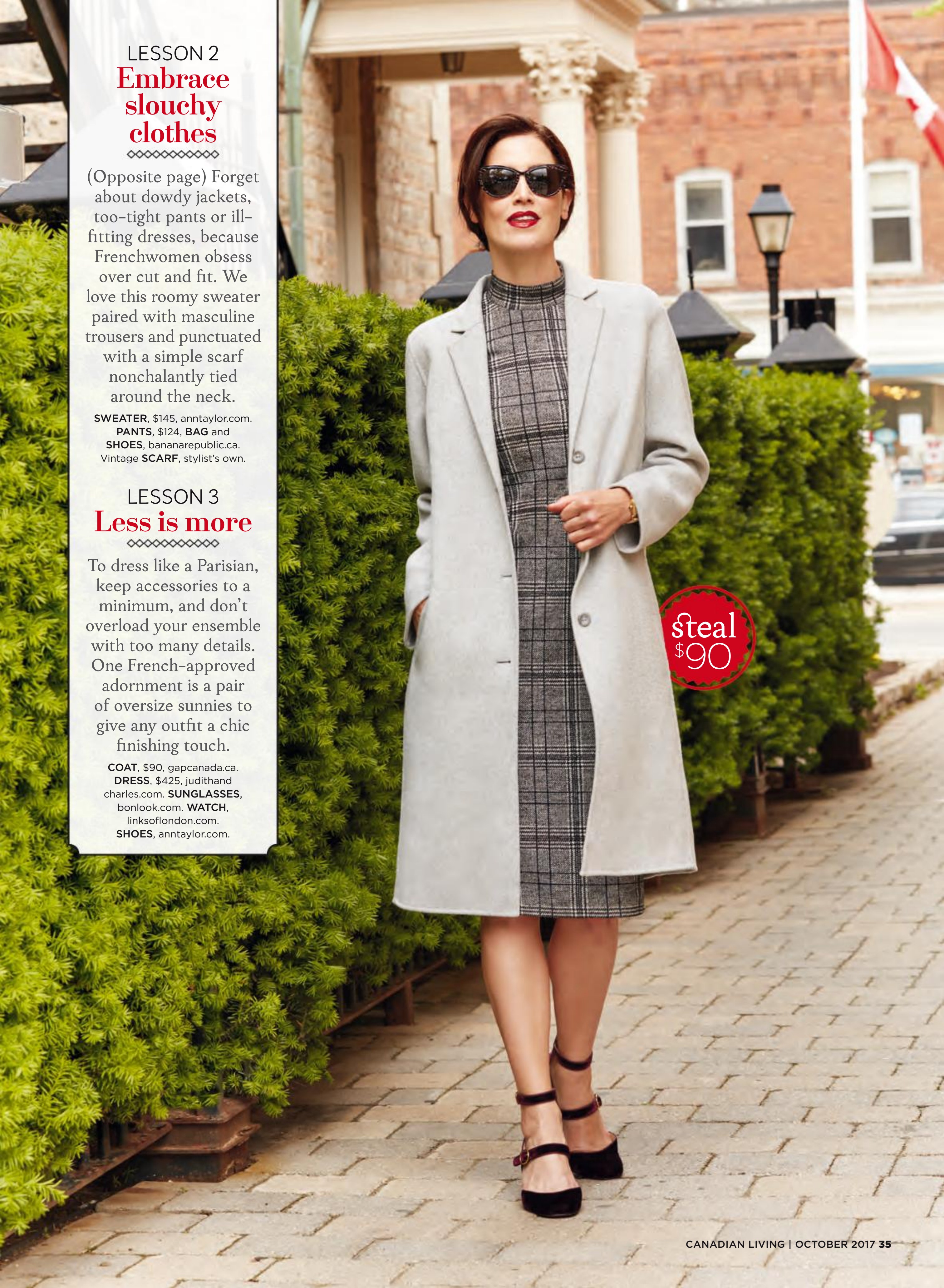
SWEATER, $365, paige.com. **SKIRT**, $149, and **RINGS**, hm.com/ca. **SHOES**, oldnavy.ca.



FASHION
FOOTNOTE

This elegant cutout sweater adds a dash of sex appeal without revealing too much.

See how to tie a scarf four ways with our step-by-step tutorial at **canadianliving.com/thescarf**.



LESSON 2

Embrace slouchy clothes

(Opposite page) Forget about dowdy jackets, too-tight pants or ill-fitting dresses, because Frenchwomen obsess over cut and fit. We love this roomy sweater paired with masculine trousers and punctuated with a simple scarf nonchalantly tied around the neck.

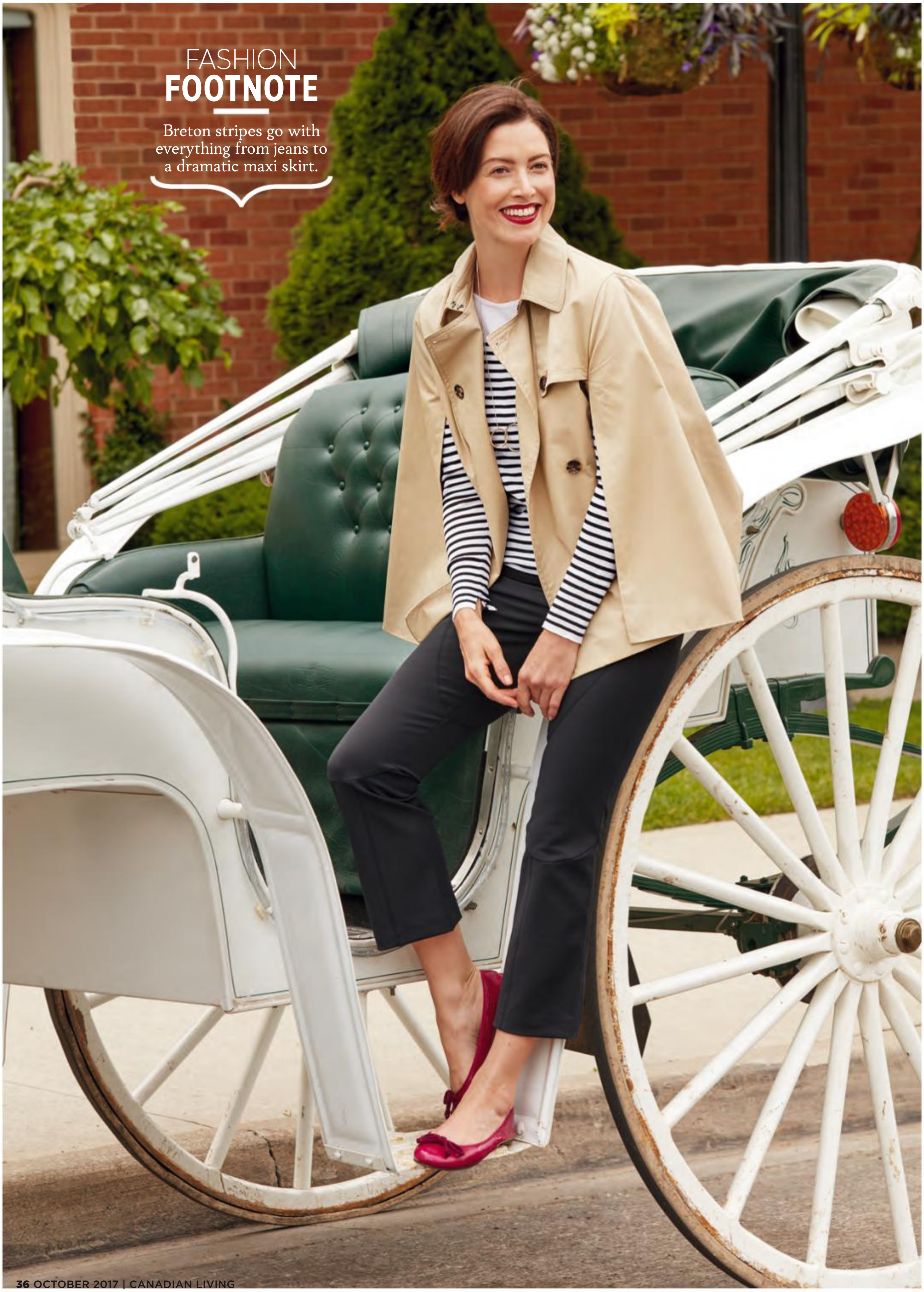
SWEATER, $145, anntaylor.com. **PANTS**, $124, **BAG** and **SHOES**, bananarepublic.ca. Vintage **SCARF**, stylist's own.

LESSON 3

Less is more

To dress like a Parisian, keep accessories to a minimum, and don't overload your ensemble with too many details. One French-approved adornment is a pair of oversize sunnies to give any outfit a chic finishing touch.

COAT, $90, gapcanada.ca. **DRESS**, $425, judithandcharles.com. **SUNGLASSES**, bonlook.com. **WATCH**, linksoflondon.com. **SHOES**, anntaylor.com.



FASHION FOOTNOTE

Breton stripes go with everything from jeans to a dramatic maxi skirt.

LESSON 4

Forget the trends

(Opposite page) There's nothing trendy about a trench coat, a striped top and tailored trousers. These pieces are classic wardrobe staples that fulfill the requirements for dressing French: simple, versatile and timeless.

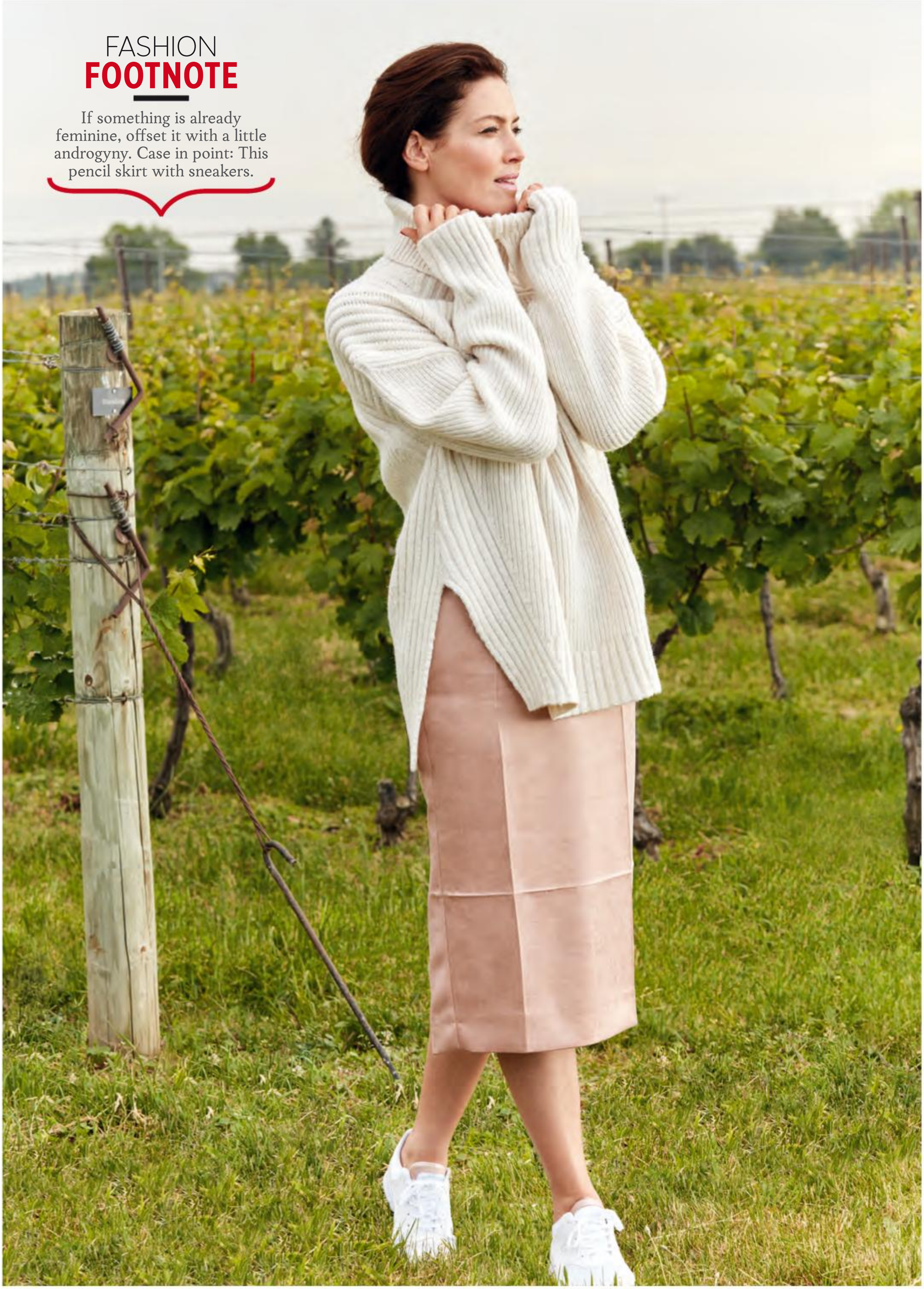
Cape **TRENCH COAT**, $285, and **TOP**, $95, bananarepublic.ca. H&M Studio **PANTS**, $149, hm.com/ca. **NECKLACE**, linksoflondon.com. **SHOES**, prettyballerinas.ca.

LESSON 5

Details matter

Frenchwomen don't wear anything with creases, flaws or chips; they focus on the finer details. You'll rarely catch a Parisian in stilettos, but when she wears pumps (usually with a low heel), she'll pair them with a casual outfit that almost always features jeans.

SHIRT, $135, cosstores.com. **JEANS**, $124, and **BRACELET**, bananarepublic.ca. **SCARF** (on bag), hermes.com. **BAG**, roots.com. **RINGS**, swarovski.com. **SHOES**, hm.com/ca.



FASHION FOOTNOTE

If something is already feminine, offset it with a little androgyny. Case in point: This pencil skirt with sneakers.

LESSON 6

Always coordinate, but never match

(Opposite page) French fashion is about restraint and balance. Even when mixing colours, those in the know exercise caution and usually stick to muted hues. Here, we contrast the skirt with a creamy sweater, then ground the look with white sneakers.

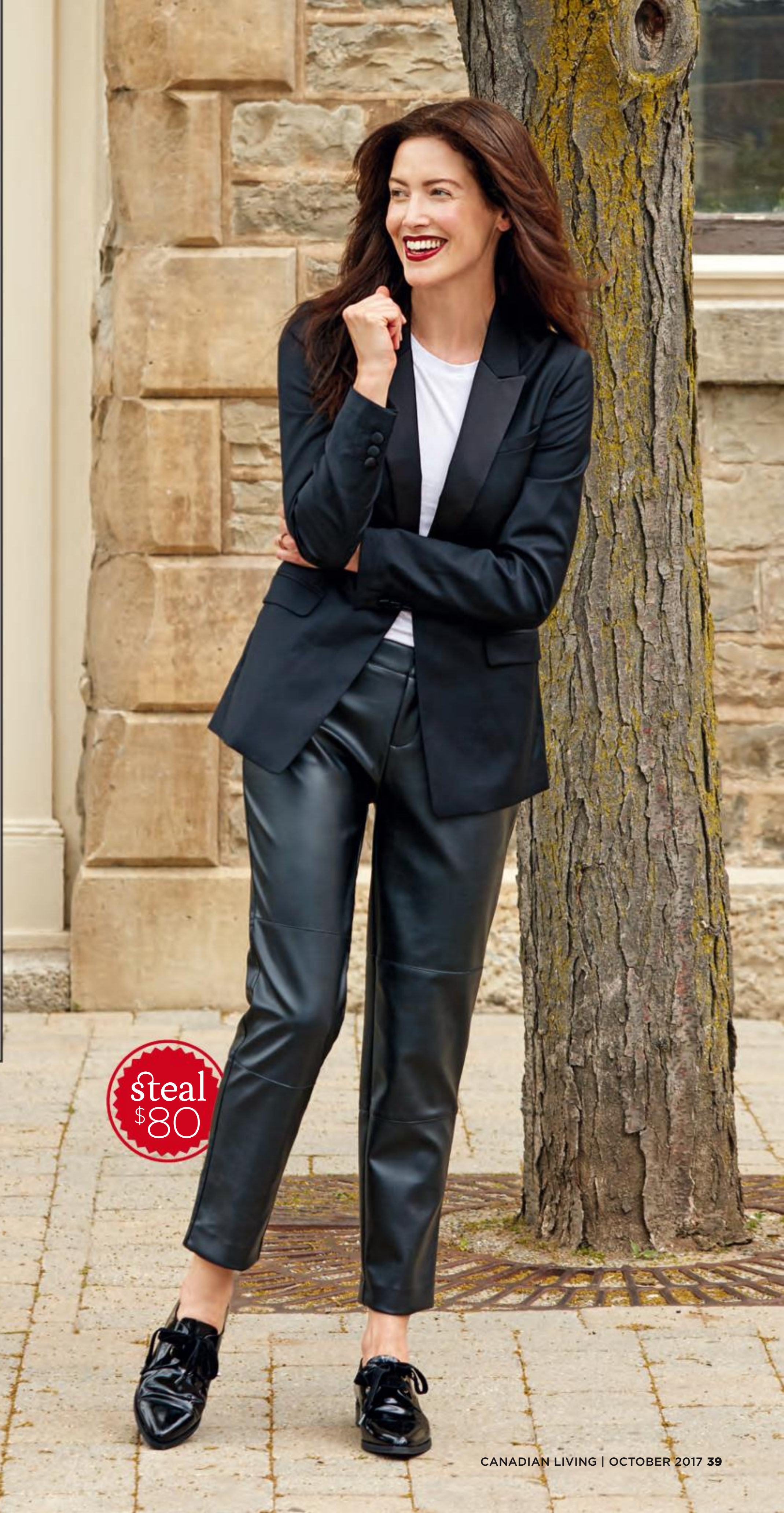
H&M Studio **SWEATER**, $99, hm.com/ca. Suede **SKIRT**, $250, cosstores.com. **SNEAKERS**, lacoste.com.

LESSON 7

Borrow something from the boys

In 1966, Yves Saint Laurent invented his Le Smoking tuxedo suit for women. Today, Frenchwomen continue to don the menswear-inspired look and have adopted the jacket as daytime attire, pairing it with a simple T-shirt.

JACKET, $569, tigerofsweden.com. **T-SHIRT**, $68, kitandace.com. Faux-leather **PANTS**, $80, winners.ca. **RING**, swarovski.com. **SHOES**, marc-cain.com.



fashion finds
UNDER
$100

Get the LOOK

These French-inspired wardrobe building blocks will turn your existing basics into chic, effortless outfits.

TEXT JULIA McEWEN

1

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1. Knit **MOTO JACKET**, $69, joefresh.com. **2.** Bamboo **SUNGLASSES**, $90, amevie.com. **3.** Glen-check **PENCIL SKIRT**, $70, lechateau.com. **4. NECKERCHIEF**, $35, bananarepublic.ca. **5.** Textured **SHIRT**, $59, gapcanada.ca. **6. SNEAKERS**, $39, joefresh.com. **7. JEANS**, $80, rw-co.com. **8. BOOTIES**, $40, marshalls.ca. **9. TRENCH COAT**, $70, hm.com/ca. **10.** Striped **SWEATER**, $55, loft.com.

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ANYWHERE - ANY TIME - ANY AGE

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Perfectly Fitting Pants make you
Feel Great on the Inside and Out.

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Model is wearing
Top style: #267214 | Pant style: #29005
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INSIDER TIP

"When a Frenchwoman wears a cat eye, it's nothing too graphic," says Julie Cusson, a makeup artist for Chanel. "She wants the texture of her skin to show, so foundation is more translucent, and her lips are always nude and natural."

French Kiss

French beauty sits somewhere between effortless nonchalance and focused care, but at its core, it's about celebrating you as you are. When it comes to lip colour, there are two camps: *Vive-la-révolution* reds and Bardot come-hither nudes.

TEXT JULIA McEWEN

PHOTOGRAPHY, ALVARO GOVEIA (MODEL); GEOFFREY ROSS (LIPSTICK SMEARS). HAIR AND MAKEUP, OLIVIA COLACCI/ORIBE/CHANEL/JUDYINC.COM. BLOUSE, BANANAREPUBLIC.CA

Tasteful Nudes

WHY WE LOVE IT

AN OFFICE FAVOURITE, THIS SOFT NEUTRAL IS A BEAUTIFUL (AND SUPER-WEARABLE) BEIGE-ROSE HUE THAT'S NONSETTING, SO IT WON'T DRY OUT YOUR LIPS WHILE BESTOWING THEM WITH A NONSTICKY SHINE.

editor's pick

L'ORÉAL PARIS Infallible Lip Paints in Nude Star, $13, lorealparis.ca.

Brigitte Bardot might be best remembered for the black feline flicks she scrawled on her lash lines, but it's what she paired them with that made the look less glamour and more carefree: nude lips. Avoid nude colours with grey undertones and opt for shades that are slightly brighter or deeper than your skin tone.

1. REVLON Ultra HD Matte Lipcolor in Seduction, $11.50, revlon.ca. **2. BEAUTYCOUNTER** Sheer Lipstick in Twig, $38, beautycounter.com. **3. MAYBELLINE NEW YORK** SuperStay Matte Ink in Loyalist, $12, maybelline.ca. **4. ELIZABETH ARDEN** Beautiful Color Moisturizing Lipstick in Breathless, $32, thebay.com. **5. L'ORÉAL PARIS** Infallible Lip Paints in Nude Star, $13, lorealparis.ca. **6. BOBBI BROWN** Art Stick Liquid Lip in Honey Bare, $35, bobbibrown.ca.

Red My Lips

WHY WE LOVE IT

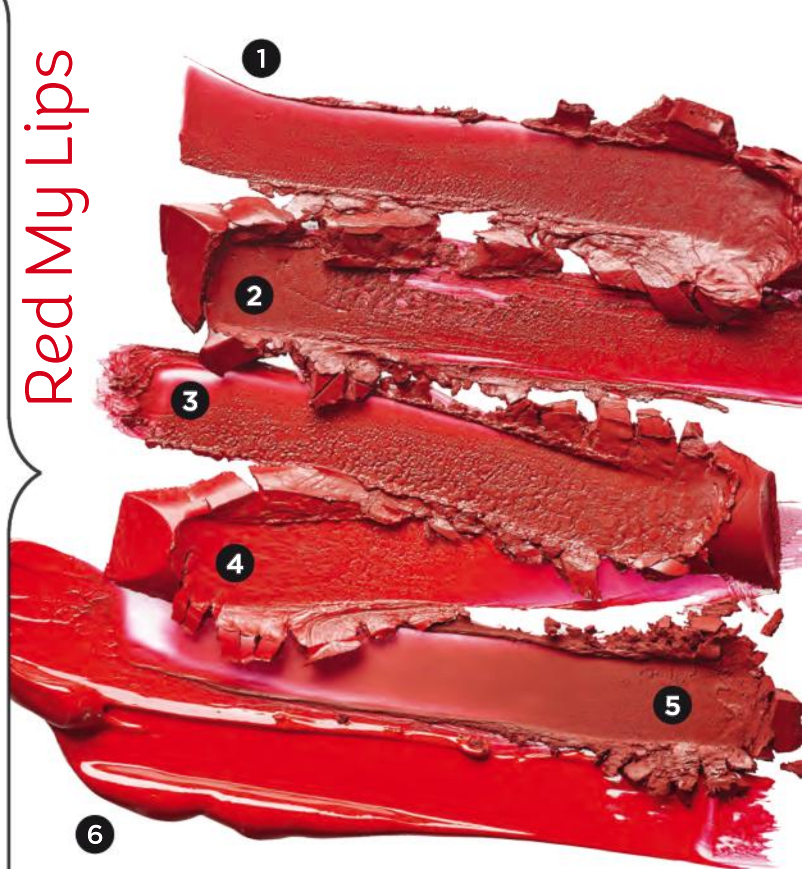
THIS LIPSTICK GIVES FULL FADE-FREE COLOUR IN A TEMPTING SHADE THAT'S COMFORTABLE TO WEAR ALL DAY.

editor's pick

LANCÔME Color Design Sensational Effects Lipcolor in Front Page, $30, lancome.ca.

1. LISE WATIER Rouge Intense Suprême Lipstick in Mary, $27, lisewatier.com. **2. NARS** Audacious Lipstick in Shirley, $40, sephora.ca. **3. MARCELLE** Rouge Xpression Velvet Gel Lipstick in Red Carpet, $12, marcelle.com. **4. SEPHORA COLLECTION** Rouge Cream Lipstick in The Red, $16, sephora.ca. **5. LANCÔME** Color Design Sensational Effects Lipcolor in Front Page, $30, lancome.ca. **6. COVERGIRL** Melting Pout Lipstick in Tan-Gel-O, $11, walmart.ca.

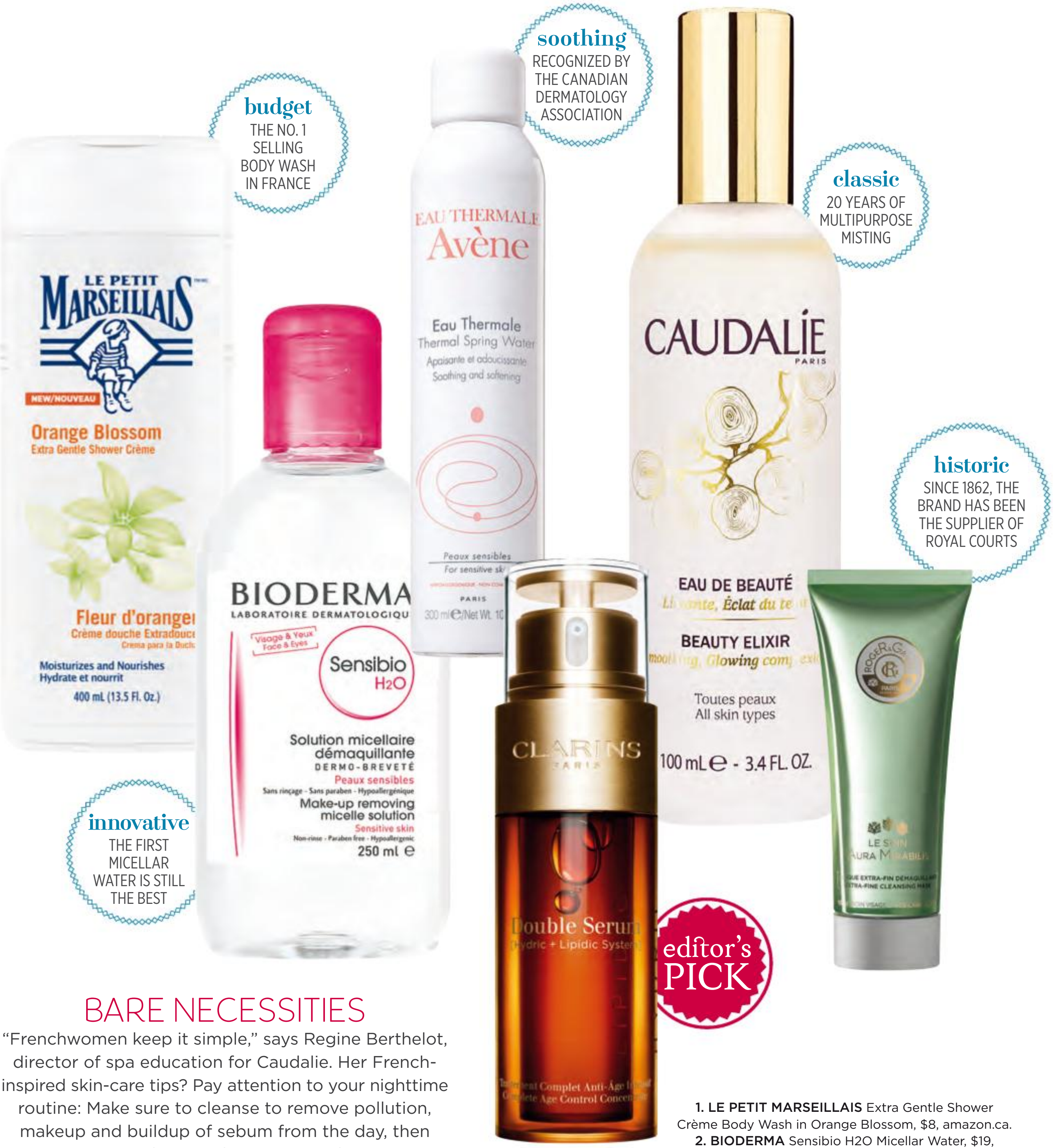
Worldwide, red lipstick is the little black dress of a woman's cosmetics bag: classic, chic and versatile. What makes it French is how you wear it. "Red lipstick is a fashion accessory," says Cusson. "We won't wear any other makeup with it except dewy skin and messy hair." For a modern finish and texture, skip shimmer—any reflection should come from the moisture in the lip colour.



FROM PARIS, with love

Say *bonjour* to France's finest beauty staples that can help you achieve carefree glamour and that coveted je ne sais quoi.

TEXT ALEXANDRA DONALDSON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Fleur d'oranger
Crème douche Extradouce
Moisturizes and Nourishes
Hydrate et nourrit
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Peaux sensibles
Make-up removing micelle solution
Sensitive skin
250 ml ℮
EAU THERMALE
Avène
Eau Thermale
Thermal Spring Water
Apaisante et adoucissante
Soothing and softening
Peaux sensibles
For sensitive skin
PARIS
CLARINS
PARIS
Double Serum
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budget
THE NO. 1 SELLING BODY WASH IN FRANCE

soothing
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classic
20 YEARS OF MULTIPURPOSE MISTING

historic
SINCE 1862, THE BRAND HAS BEEN THE SUPPLIER OF ROYAL COURTS

innovative
THE FIRST MICELLAR WATER IS STILL THE BEST

editor's PICK

BARE NECESSITIES

"Frenchwomen keep it simple," says Regine Berthelot, director of spa education for Caudalie. Her French-inspired skin-care tips? Pay attention to your nighttime routine: Make sure to cleanse to remove pollution, makeup and buildup of sebum from the day, then moisturize with a good serum or night cream. Frenchwomen don't automatically associate youth with perfection. "The Frenchwoman wants to take her time with her skin care and gradually see results."

1. LE PETIT MARSEILLAIS Extra Gentle Shower Crème Body Wash in Orange Blossom, $8, amazon.ca. **2. BIODERMA** Sensibio H2O Micellar Water, $19, shoppersdrugmart.ca. **3. EAU THERMALE AVÈNE** Thermal Spring Water Spray, $22, beautyboutique.ca. **4. CLARINS** Double Serum, $120, clarins.com. **5. CAUDALIE** Beauty Elixir, $59, caudalie.ca. **6. ROGER&GALLET** Aura Mirabilis Extra-Fine Cleansing Mask, $25, sephora.ca.

Sulwhasoo
Holistic Beauty from Asian Wisdom

雪花秀
Sulwhasoo
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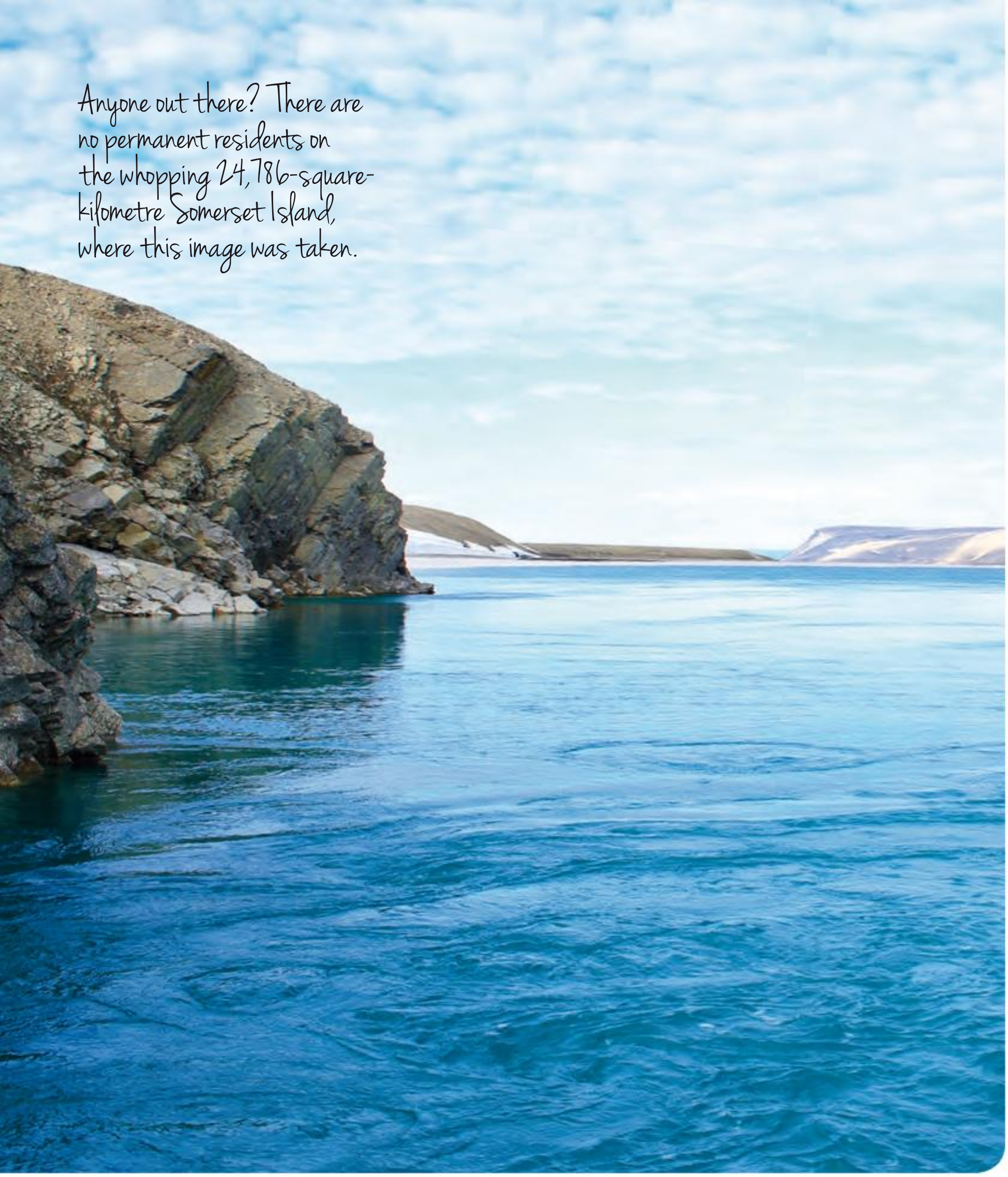

Anyone out there? There are no permanent residents on the whopping 24,786-square-kilometre Somerset Island, where this image was taken.

now's the time GO NORTH

Baby, it's getting cold outside—especially in Canada's Far North. But guess what? The chilliest of seasons (which in Nunavut is from October to April) is also the best time to see the dancing light show that is the aurora borealis, a Canadian bucket-list must. So bundle up and get booking!

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PHOTOGRAPHY, BEKKY O'NEIL

Gratitude Guilt

This Thanksgiving, give yourself a mental break.

TEXT LIZA FINLAY
ILLUSTRATION WENTING LI

By telling ourselves that we should be more grateful, we put the brakes on any soul searching that takes us into painful, un-navigated terrain.

THANKSGIVING is a time for, well, giving thanks. It's no wonder, then, that as October rolls around, gratitude (from the Latin *gratus*, to be thankful) becomes grist for the mental health mill. And sure, without doubt, gratitude is great. But like any magical elixir, there can be too much of a good thing, and doubling down on giving thanks sometimes leads to an unhealthy emotional hangover: gratitude guilt.

This is the name I give to that insidious byproduct of the thanks-giving trend. It sounds like this: "I should be more grateful for [insert favourite brand of guilt here]." "I should stop focusing on the negative and be more grateful for [everything, always]."

The Thanksgiving season packs a should-load of gratitude guilt. It's a flavour of self-loathing that comes from not being grateful enough to meet some mythical bar. It's also a master manipulator; it not only erodes our self-worth by keeping us fixated on failures and imperfections but also distracts us from the true source of our pain. By telling ourselves that we should be more grateful, we put the brakes on any soul searching that takes us into painful, un-navigated terrain. We deny the intuitive voice that's trying to tell us something is wrong.

For example, instead of staring into the face of your soul-sapping job, you tell yourself to be grateful you have a job when so many are unemployed. Or, rather than lean into the lack of intimacy in your marriage, you remind yourself that lots of your friends are facing divorce.

What do I recommend? Stop shoulding on yourself. Sure, be grateful. There's ample data to support gratitude as a key component of mental health. In fact, a recent meta-analysis of 91 gratitude studies revealed significant benefits, including increased prosocial behaviour (the ability to have and maintain friendships), empathy and forgiveness. Some research suggests that practising gratitude boosts a sense of well-being and decreases depression.

So, by all means, cultivate an appreciation for what's right in your world, but do it without being wilfully blind to what isn't quite right. This Thanksgiving, how about taking your dose of gratitude with an equal shot of courage? How about going into the lion's den to face what scares you? How about giving the little voice you like to ignore a megaphone? This isn't a zero-sum game; you can value what you have and still acknowledge things that require fixing. You can focus on the positive and still unpack that should-load of baggage you're carrying around. Then, you can thank yourself.

LIZA FINLAY IS A REGISTERED PSYCHOTHERAPIST AND AUTHOR OF *LOST & FOUND: THE SPIRITUAL JOURNEY OF WOMEN AT MIDLIFE.*

THIS MONTH TRY THIS MANTRA

I am grateful
for what I have,
bravely acknowledge
what I need and
wisely know that
the path to
enlightenment
requires both.

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Olay Ultra Moisture Body Wash
Lock-In-Moisture™ Technology works with your skin to make it stronger*, so skin holds more moisture. Visible results without a coated feel.

*strengthens skin's moisture barrier

Do Cash Diets Really Work?

The answer is: *Please*—does any diet ever really work? Here are helpful strategies for taking control of your finances and setting yourself up for long-term success.

TEXT STACY YANCHUK OLEKSY

THE WORD "DIET" can easily send anyone who has wanted to lose weight into a state of anxiety. The reaction to a cash diet is similar. Perhaps we didn't pay attention to where our money was going, we got carried away with online shopping or we overspent for a special occasion, and now the bill has come in. We plunge straight into panic mode and head into a vortex of stinking thinking about how careless we are and go for the quick fix: a cash diet. "I'll stop spending, then it'll be OK," we tell ourselves. But diets, whether for food or money, don't always work for long. They start a cycle of bingeing and purging, depriving and indulging. Financial comfort, on the other hand, is about balance and control. It's about setting achievable goals, creating a realistic spending plan and living within our means. It is possible to get back on financial track by managing your money without starving your spending. Here's how.

OUR TIPS

1

DECIDE HOW YOU WANT TO FEEL ABOUT THE WAY YOU SPEND MONEY. Do you want to be in control? Safe? Charitable? Once you know your monetary values, you can make decisions that align with them.

2

PUT YOUR CREDIT CARDS AWAY—FOR NOW. Go back to basics and pay with cash (or debit). Only when things are on track again should you use credit (to get the incentive points we all covet).

3

FIND OUT WHERE YOUR MONEY IS GOING. Our budgets die a death of 1,000 cuts as we buy little things such as coffee and lunch. Write down everything you purchase. Yes, it's more fun to spend money than it is to track it, but this is key for taking control.

4

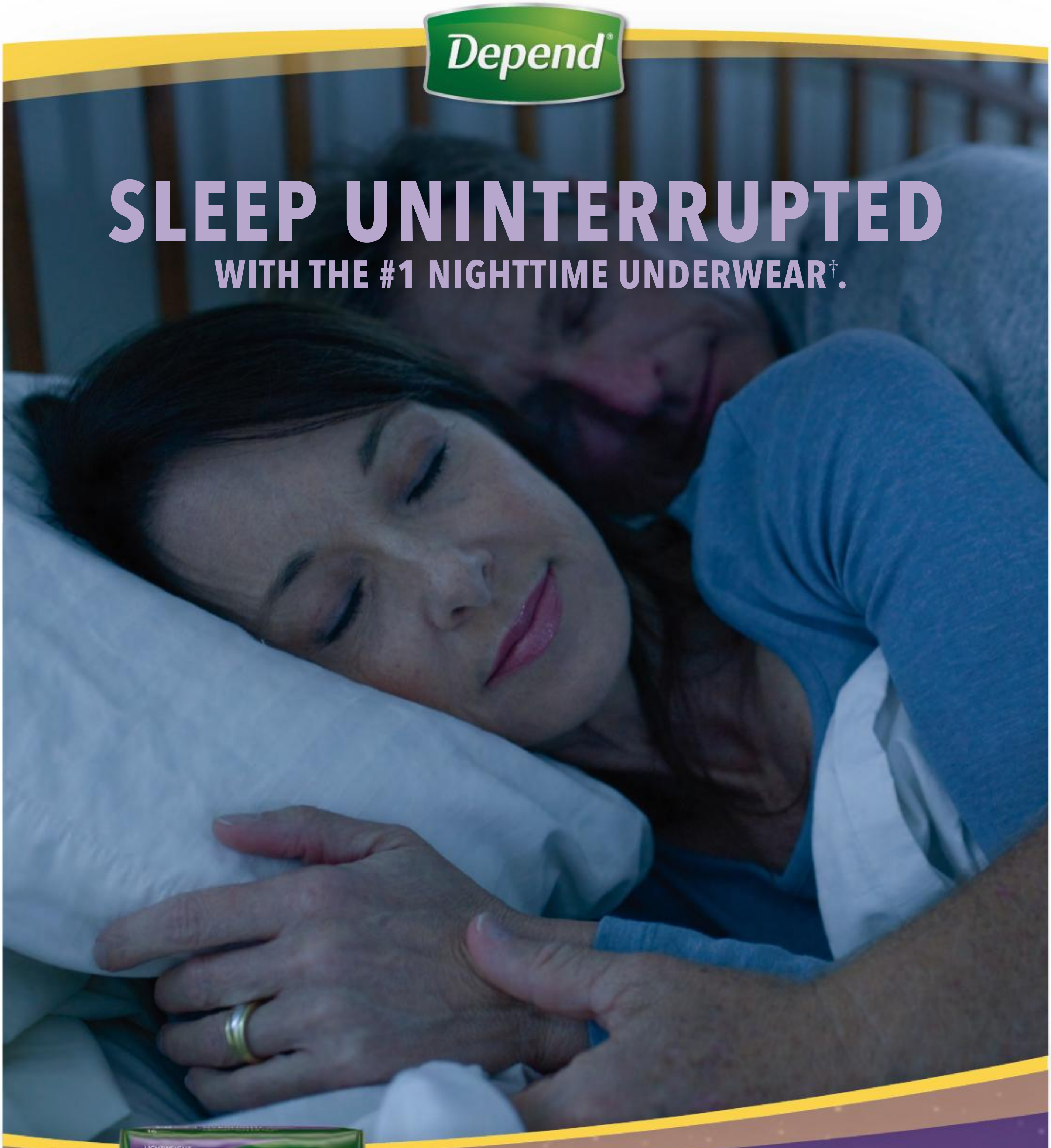
MAKE A PLAN. Every dollar you earn needs to serve a purpose—savings, fixed and variable expenses—otherwise, it invites irresponsible spending. So create a budget and allocate each and every dollar.

5

ALLOW FOR SOME GUILT-FREE PURCHASES. Give yourself an allowance to spend on anything you want, but remember that once the money runs out, that's it! You'll have to wait till next month to indulge yourself again.

STACY YANCHUK OLEKSY IS THE DIRECTOR OF EDUCATION AND COMMUNITY AWARENESS AT THE CREDIT COUNSELLING SOCIETY. VISIT MYMONEYCOACH.CA FOR MORE INFORMATION.

ILLUSTRATIONS, ISTOCKPHOTO



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OVERNIGHT
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Advertisement

Healthy eyesight

Wonderful to have good eyes

Madeleine wrote to us to tell her story of how Blue Berry™ has impacted her quality of life and helped her enjoy her favorite hobby: painting beautiful landscapes.

"My name is Madeleine and I live in Montreal. In my spare time, I enjoy time in nature, painting beautiful landscapes. In my later years, my eyes began to weaken. I was very sad about this, because painting requires accurate vision. When I went to my optometrist, he diagnosed me as having age-related macular degeneration (AMD), and told me this unfortunately gets worse with time.

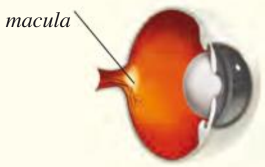
I read about Blue Berry™

In a magazine I read an ad about a supplement called Blue Berry, and a man who had maintained his eye health. In hopes of getting the same results, I bought a box and started the same day. Now, I have been taking Blue Berry for almost a year, and I am very happy with the product. I am back to painting and my mood has been lifted.

I am happy I found this product from New Nordic, and highly recommend it to anyone who wants to take good care of their eyes."

- Madeleine F., Qc

Nourish your vision center with color pigments from blueberries



Your Blueberry Eye Tablet

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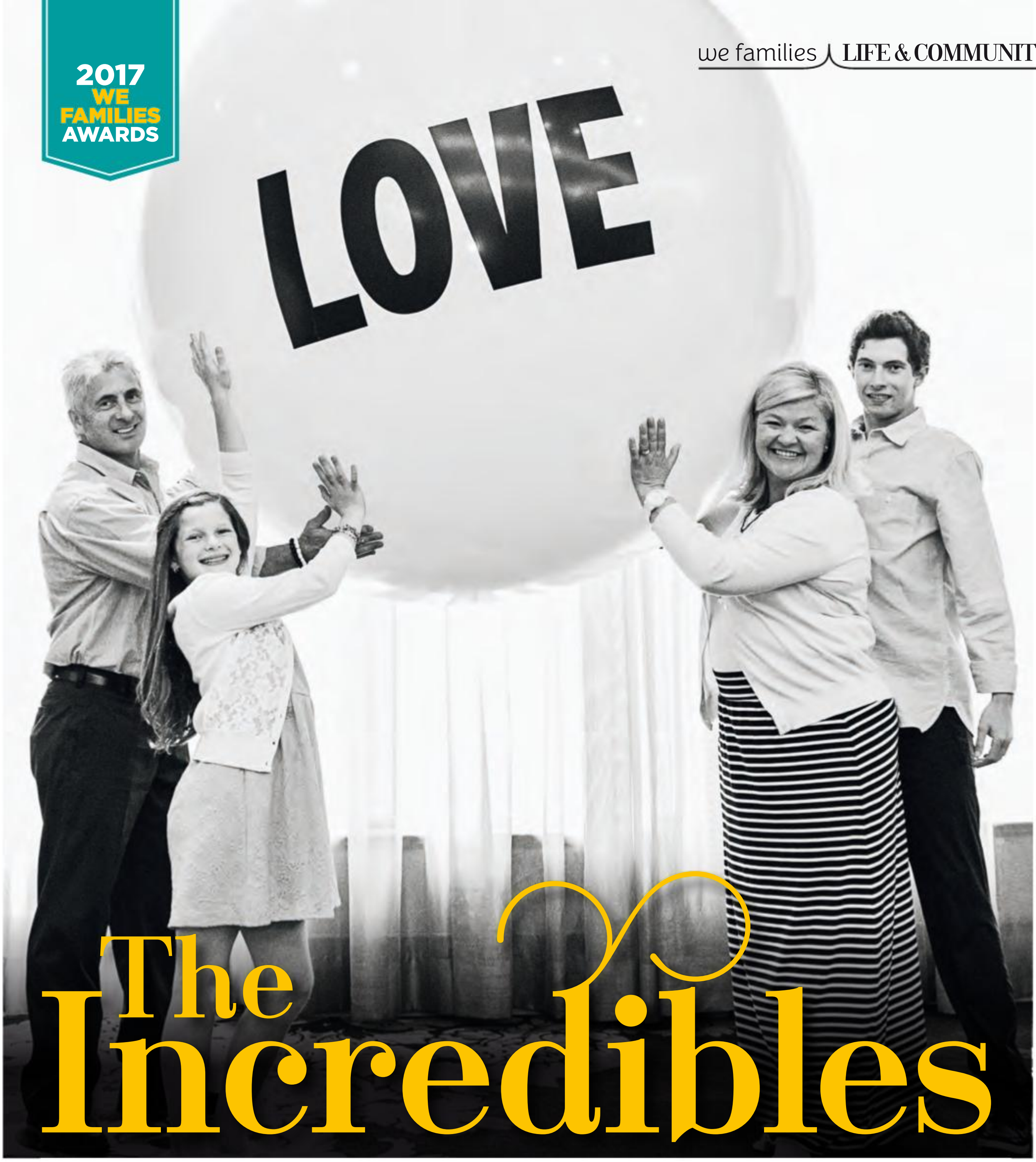
AWARDS



The Incredibles

Ordinary families are doing extraordinary things for communities at home and abroad. Let's give them a round of applause. **TEXT** LISA VAN DE GEYN

PHOTOGRAPHY, MONICA FRANCO PHOTOGRAPHY

Wow! We can't believe it's been 13 years since *Canadian Living* partnered with We, the family of organizations that inspires and empowers children and adults alike to think beyond themselves and give back to local and global communities in need. What began as a simple award ceremony celebrating Canada's charitable change-makers is this year turning its entire focus to families. Both as a unit and individually, these moms, dads, kids and even grandparents have committed to making the world a better place. For others, they've sacrificed free time, spending money, family vacations and birthday presents—and for that, they deserve to be celebrated. Earlier this year, we called for nominations and shared the stories of the most extraordinarily selfless families online. Readers did the rest. After weeks of voting, you chose the winners of our very first We Families awards. Here, we tell their tales.

THE BENKO FAMILY

"WE FEEL PRETTY STRONGLY THAT OUR KIDS SHOULD SHARE LOVE WHEREVER THEY CAN."

WE ARE CANADA FAMILIES AWARD

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CLOCKWISE FROM TOP A family selfie from a hike in Shuswap, B.C., last summer; Tim and Morgan Benko building the foundation for a school expansion in Bellavista, Ecuador; Morgan and Shelly Appleton-Benko at We Day in California this past spring, catching up with old friends, Maasai warriors Wilson and Jackson; the whole family en route to Bellavista in March 2016.

TIM BENKO AND SHELLY APPLETON-BENKO were married for a decade before their kids came along, and they spent a good chunk of their time in those early years of matrimony giving back to their community. Shelly's stint helping out at the United Way of the Lower Mainland in B.C. really made an impact. "I was inspired to see how, with small cash donations and volunteers willing to do a little extra work, a person's quality of life can be improved," she says.

Once her brood came along, Shelly continued volunteering, even with a baby on her hip and toddler in tow. Donating time and energy became a family project, always part of the kids' lives: "I've always worked full time, so finding a balance was sometimes the hardest part, but we always seemed to make it work," says Shelly.

Today—with son, Morgan, 19, and daughter, Faith, 13, in their Cloverdale, B.C., home—giving back continues to be a family affair. And the kids are very much a part of deciding which causes to support. One year, for example, Morgan and Faith picked their school library to focus on. The school's existing library had been annexed as a classroom due to a rapidly growing student body, so Tim and Shelly organized a Book Lover's Ball that raised funds to build a loft library. "We created a comfy place where kids could relax and read," says Shelly.

They joined the We movement six years ago, when Shelly went to an economic summit in Surrey and heard We cofounder Craig Kielburger speak. So moved by his story, she convinced the rest of the family to take up the cause of raising money for developing countries. The troop has been involved in plenty of fundraisers since then, including the popular Benko Family Charity Golf Tournament, which has raised more than $35,000 since 2015. The first year, the proceeds paid for a classroom in Kenya, and in subsequent years, they helped fund a community garden in Los Rios and a kitchen in Bellavista, both in Ecuador.

The family doesn't just volunteer from afar—they've travelled to Kenya and Ecuador to get their hands dirty, too. In anticipation of the trip to Kenya, the Benko kids ran small classroom fundraisers (such as a Friday popcorn sale) to buy $50 goats for families in the communities they would be visiting; when they returned home, Faith gave a slide-show presentation to her school about how the new goats had benefited the families they met. "Having participated at a local level, we were primed to help raise funds to build a classroom in Kenya so children there could enjoy learning in a better environment. Helping from home gave us the momentum to help abroad," says Shelly. "We feel pretty strongly that our kids should share the love wherever they can. Practising gratitude is never a bad thing."

PHOTOGRAPHY, HOWARD INGRAM (MAASAI WARRIORS)

Pinball
FOR CHANGE

ABOVE The family at a recent Pinball for Change fundraising event to benefit education in Ecuador with We.

THE MOROSE FAMILY

“WE’VE TAUGHT OUR CHILDREN TO WORK TOGETHER TO PROVIDE FOR PEOPLE FROM NEAR AND FAR.”

WE FAMILIES AT HOME AWARD

ASK THE MOROSE FAMILY what they’re most passionate about and their answers will revolve around being charitable. They can thank mom Gabi for their giving spirit; for the past eight years, the Toronto-based teacher has been a We lead educator in the public school where she works. So it wasn’t a surprise when, two years ago, Gabi, her husband, Walt, and their two daughters, Maya, 14, and Chloe, 9, became a We Family. “As our kids grew up and participated in We events at school, we began initiatives at home,” Gabi says, adding that her family wants to demonstrate that small actions can lead to big changes.

Take Maya’s 12th birthday. Instead of a gift-filled party with friends, she planned a pay-it-forward challenge. Guests were grouped into teams to complete 12 random acts of kindness throughout the community, including donating to the local food bank and taking cookies to a fire station. “Birthdays can be selfish,” says Maya. “I wanted to show that even though I’m only one person, I can make an impact on the world.”

Maya’s little sister, Chloe, is also doing her part—for her last birthday, she collected pet supplies for the local animal shelter in lieu of presents. “It makes me sad that some animals live in shelters for years,” says Chloe. “Collecting pet toys, blankets and food instead of getting gifts made for the best birthday.”

Even the family’s favourite hobby—pinball—has been turned into a charitable pastime. Pinball for Change—a series of tournaments to raise funds to build classrooms in Kanambu, Ecuador—has raised more than $15,000 since its beginning. “We often take for granted access to schooling,” says Gabi, who wants her kids to take nothing for granted. “We’ve taught our children to think about others and work together to provide for people near and far.”

BE THE CHANGE YOU WANT TO SEE IN THE WORLD:

THE WE STORY

1995

At just 12 years old, Craig Kielburger (below right) decided to make a difference. He’d been flipping through the newspaper in search of comics when a compelling story caught his eye: A former child slave in Pakistan had been executed because he spoke up for human rights—and he was Kielburger’s age. Emboldened by the injustice, Kielburger convinced some of his Grade 7 classmates—as well as his big brother, Marc (below left)—to join his humanitarian cause. Together, the Thornhill, Ont.–based brothers launched Free the Children, now known as We, which broadened its focus to include other causes and countries as fast as the two grew up.

2017

It’s been 22 years, and what began as a small charity has expanded exponentially. Since 1995, We Charity, We Day and Me to We, the family of organizations that make up We, has grown to a global movement that has motivated 3.4 million young people to support more than 2,500 local and global causes, and the results of these are overwhelming—from providing more than one million people access to clean water to giving 200,000 children better access to education.

THE FUTURE

...includes you! Visit we.org to join the We movement and get involved in your community or abroad.

PHOTOGRAPHY, KRISSY MYERS (MOROSE FAMILY); GETTY IMAGES (MARC AND CRAIG KIELBURGER)

ABOVE The Quackenbush clan (from left): Tom, Betty Lou, Ashley, Chrystal, Jason and Michael.

THE QUACKENBUSH FAMILY

"WE WANT TO HELP OTHERS FIND THEIR PASSION TO GET INVOLVED."

WE FAMILIES IN THE WORLD AWARD

ASHLEY QUACKENBUSH, 23, credits her grandparents with her family's commitment to volunteer work. Her 90-year-old maternal grandmother, Rae Kilgour, spends her days making pneumonia vests, hats and socks for kids overseas (her clothing keeps little ones in hot climates warm at night when temperatures drop), and she knits beautiful quilt blocks to make blankets for cancer patients. Ashley's paternal grandmother was also big on helping others back in her day—she had been heavily involved with her local 4-H Ontario, serving as one of the leaders at a local club.

"They showed us how important it is to give back to others, especially within our local community," says Ashley, adding that her parents instilled the importance of charity by taking their four kids to help at church dinners and community cleanups and to visit the elderly and those confined to their homes due to illness or disability.

When Manitowaning, Manitoulin Island, Ont.–based Ashley started high school in 2008, no one was surprised when she became involved in her school's volunteer SHARE (Students Helping All 'Round Everywhere) committee and Go Green club; it's also where she learned about Me to We. "My whole family got involved in helping out with events," she says. "As each of the Quackenbush children have gone through high school, we've stayed involved in the charity on our own time to help our community."

ABOVE Chrystal, Betty Lou, Ashley, Jason and Michael in 2015, collecting food for We Scare Hunger.

Since they started raising money for We Charity, the entire family—which also includes dad Tom, mom Betty Lou and siblings Chrystal, 21, Michael, 19, and Jason, 16—has participated in a slew of events. Among the highlights? Joining We Scare Hunger, for which they gathered nonperishable items for the food bank at Halloween, and Ashley's trips to Tanzania and Kenya to help with school-related building projects. Ashley says because of these trips—and the lack of community access to water she witnessed—she's currently raising awareness about water by giving short presentations in her community and fundraising to build water wells in Africa through small efforts like bake sales. "Not only does giving back make us feel good but it also helps us gain a new perspective, develop new skills, make social connections and grow as individuals," she adds. "We want to help others to find their passion to get involved."

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TEST YOURSELF

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- ○ Are your nails brittle?
- ○ Do you want to nourish your hair naturally?
- ○ Are you looking for more hair volume and shine?

I HAD GREAT RESULTS

"I am 43 and have lost a lot of hair due to hormonal changes and 2 pregnancies. I have been on Hair Volume for 5 months and have noticed great results in growth and also found much less hair shedding in the shower and when I blow dry it. My hair feels stronger and thicker now. You do have to commit to using this product for a while to see full results, but it's worth it. **I strongly recommend Hair Volume!"**

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Andrew and Karen Hanlon pose with their 11-year-old daughter, Willow, who clearly shares her parents' love of pups.

Blind Ambitions

Husband-and-wife duo Andrew and Karen Hanlon recently helmed the launch of the CNIB Guide Dog Program and are changing the lives of visually impaired Canadians.

TEXT ANDREA KARR

THREE YEARS AGO, Andrew Hanlon received a phone call from a Canadian fire marshal whose son was blind. At 18 years old, the young man lacked the confidence to leave the house and had slowly withdrawn from the world, which left his father aching over the experiences his son was missing while he remained shut indoors. Luckily, Andrew was able to match him with a pooch and guide dog mobility instructor (GDMI), and they worked together, nurturing a trusting relationship that would allow the son to leave home and explore with only his dog by his side. "This rough, tough firefighter was in a flood of tears, and so emotional because he saw his boy going out again," says Andrew. "He couldn't thank me enough."

A new best friend: That's what GDMIs provide for their clients, and it's the reason Andrew and his wife, Karen, joined the profession. "I was always dog crazy," says Karen. "But working with people and making a difference was even more important to me." When she learned of an opening at a Canadian school for guide dogs in 1988, Karen leaped at the chance to complete the three-year apprenticeship, which she followed up with a work exchange in England in 1993, where she fell for her future husband, a GDMI-in-training.

More than 20 years later, the Hanlons have worked with hundreds of people and dogs, and are beyond excited to manage CNIB's new guide dog program (cnibguidedogs.ca), which will raise and train guide dogs

PHOTOGRAPHY, WICKY AUYEUNG (HANLONS); EDWARD KOWAL (PUPPIES)

for people with sight loss, plus teach users how to interact with their new service animals.

Since the start of the program in April, the Hanlons have been bringing roly-poly eight-week-old puppies to Canada from a breeder in Australia who specializes in pedigreed service dogs, though they hope to start their own CNIB breeding program here in Canada one day. Off the plane, the puppies go to volunteer puppy raisers' homes in the Greater Toronto Area to become socialized. "It's not easy work," Andrew explains. "The dog chews on your furniture and pees and poops all over your home, and just when you've got that dog settled, we knock on your door, take it away and give you another rambunctious bundle of joy." At 12 to 15 months, the puppies are transferred to the hands of a GDMI to begin their formal training via daily walks and to learn such skills as obstacle avoidance, stopping at curbs and overriding their owners when safety is at risk. By age two, most dogs are ready to work.

According to the Hanlons, each canine quickly becomes an integral part of its new user's life—not just a tool for safely walking down a busy street. In addition to acting as an adorable icebreaker for engaging with strangers and freeing a person from the isolation that often comes with blindness, the dog is an ever-present companion. Each incredible bond witnessed makes a job in guide dog training and management the most rewarding career the Hanlons can imagine. "Seeing the difference the guide dog makes just blows you away," says Andrew. And that relationship has the power to bring the toughest men—even a burly fire marshal—to tears.

> "Seeing the difference the guide dog makes just blows you away."

TRUE OR **FALSE**

Test your guide dog knowledge.

1. Guide dogs know when a traffic light turns green.
False. The dog is trained to stop at a curb's edge. The guide dog user must then assess traffic flow by listening for vehicles or asking for sighted assistance.

2. You must be completely blind to qualify for a guide dog.
False. As long as an applicant's vision is impaired enough to cause mobility issues, he or she may submit an application to the program.

3. The user is in control of the walk, not the dog.
True. The human runs the show. Though the dog's eyes help the owner walk safely, the user is responsible for giving directions.

Future Guide Dog
CNIB GUIDE DOGS

Spotted on a hike: woolly lousewort, my new favourite mini flowering plant.

tundra girls

Fashion editor and TV host **Jeanne Beker** trades her stilettos for muck boots and steps out of the spotlight and onto the Arctic tundra for a mother-daughter journey they'll both be reminiscing about for years to come.

PHOTOGRAPHY & ILLUSTRATIONS BEKKY O'NEIL

Here I am, looking ATV-chic en route to find some musk oxen.

Me and my daughter
Bekky O'Neil proudly
posing on a floe.

Jeanne Beker's

PERFECT PACKING LIST FOR THE ARCTIC TUNDRA

"The climate is unpredictable, so it's all about **LAYERING**."

- ✓ A fleece jacket
- ✓ A fleece or merino-wool pullover
- ✓ A thin down-filled vest
- ✓ Long underwear
- ✓ Lightweight hiking boots
- ✓ Waterproof pants
- ✓ Waterproof mukluks
- ✓ Gore-Tex gloves
- ✓ Heavy socks
- ✓ A neck warmer
- ✓ Sunglasses
- ✓ Binoculars
- ✓ Sunscreen

NOTE: Quark Expeditions supplies its adventurers with great waterproof parkas (they have a thin puffy inner jacket you can zip out if you're too warm) and waterproof muck boots (which you'll practically live in, says Jeanne).

With our suitcases stuffed with long underwear and hiking boots, my 29-year-old daughter and I took off on an epic adventure last summer: a Quark Expeditions excursion to Canada's Far North. It was a far cry from the glam trips we've taken together over the years, but considering my girl's passion for the environment, love of wildlife and summers spent canoeing in Algonquin Park, I figured the remote Arctic Watch Wilderness Lodge on Somerset Island in Nunavut would be an irresistible lure for a week of mother-daughter bonding. I couldn't imagine a more exhilarating journey to take with my feisty Bekky.

Located 800 kilometres north of the Arctic Circle, the lodge is made up of several white tentlike cabins complete with a plush bed, fleece sheets and a hot water bottle, to boot. It's glamping at its best, with gourmet meals, fine wine, great company and spectacular surroundings: turquoise water and a vast expanse of land dotted with jagged rock walls and cliffs—reminiscent of a Lawren Harris painting. My daughter and I spend the first evening at water's edge, Bekky with her paintbox and me with my laptop, trying to capture in images and words the splendour before us.

At this time of year—July—the sun never sets completely. It was surreal to wake up in the middle of the night and see the sun still shining.

The next morning is spent learning to drive an ATV, and we're soon hooked, happily navigating rocky terrain. The fretful mom in me worries whether Bekky will be able to handle her motorbike-style vehicle, but she does it with skill and I marvel at her fearlessness. On this trip, she surprises me again and again.

The next day, as we're readying ourselves to brave the Arctic waters in kayaks, I struggle getting into my unforgivingly tight rubber dry suit, but Bekky steps in to help me gear up. I flash back to helping her into her snowsuit when she was little. Now, she's in charge, and I'm welcoming it. Worried I may not be able to handle the full three hours of kayaking, Bekky assures me she'll do all the paddling if need be. We spot a pod of belugas bobbing in the

On board the Unimog, excited to go whale watching.

Our brightly coloured tour group standing on ice.

Rafting through the incredible canyon on the Cunningham River.

bright blue sea and push our kayak into the sparkling water, me up front and Bekky steering from the stern, dipping our paddles into the salty water in perfect sync. It's magical, and made better by the comforting fact that my girl has my back; when my shoulders ache from all the paddling, Bekky cheerfully picks up the slack.

On Day 3, a successful mission to find primeval-looking musk oxen—with their imposing stature, shaggy coats and huge horns—leaves us in absolute awe. On a seven-kilometre hike the following day, we pass a desolate stretch of land, akin to the desert in Arizona, where we're in awe again as we pass a prehistoric whale skeleton comprised of large bones jutting out of the ground, estimated to be 8,000 years old.

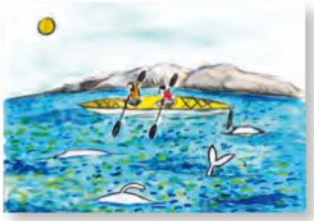
An inflatable raft takes us on the next leg of our journey—two hours down the Cunningham River, through a spectacular canyon where I'm astounded by the dramatic drop of the cliffs and the ruggedness of the sky-high rock walls. There's no need to paddle since our guide is doing the work, and it's a relaxing time for most of us on board. But Bekky, an avid paddler from way back, good-naturedly pitches in to give us some speed.

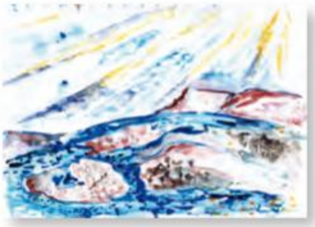
After dinner that evening, we all board Unimogs to go out as far as we can to watch whales. Countless black babies, grey juveniles and white adults frolic in the glistening waters, tails flaying, heads bobbing, jumping like they're trying to show off, and through my binoculars, their gorgeous faces smile back at me.

artist-not-in-residence

BEKKY O'NEIL'S TUNDRA-INSPIRED WATERCOLOURS

Jeanne and her daughter spent the first evening of their trip on the shore drinking wine, with Bekky painting the landscape before her and Jeanne trying to describe it in writing. We'd say both were successful.





Tall boots and big puddles are tempting my inner child to go puddle jumping!

Bekky and I are transfixed by this grand floor show and the air is filled with nothing but love and wonder for these beautiful creatures.

As a last hurrah before departure on the last day, Bekky decides to take a dip in the Arctic waters—undaunted by the (albeit distant) presence of whales and 10°C water—and strips down to her bathing suit. Despite her efforts, I can't be convinced to join, but I'm happy to watch my wonder girl take the plunge. She stays in for a shocking few minutes—the perfect way to cap off an extreme and invigorating adventure.

All packed up, standing on the windy tarmac awaiting our plane to whisk us back to the real world, I reminisce about our amazing week. Discovering the Canadian Arctic was incredible enough. But to have shared this adventure with my adult daughter, seeing things through her eyes and witnessing how generous, brave, knowledgeable and spirited she is, has been the most precious gift of all. It's a journey I'll never forget.

FUN FACT

Arctic explorer Richard Weber and his wife, Josée Auclair, both former members of Canada's cross-country ski team, transformed this exotic locale—originally founded in 1992 as a beluga whale-watching station—into Arctic Watch Wilderness Lodge in 1999.

The air is filled with nothing but
love and wonder.

Beluga whales bobbing up and down in the distance—an incredible sight on our second-last day.

Canadian Grace

Already binge-watched *The Handmaid's Tale*? Thankfully, 2017 offers another Margaret Atwood production to enjoy with the CBC adaptation of her classic *Alias Grace*. Here, executive producer and writer Sarah Polley and director Mary Harron speak about this peak Canadian TV.

TEXT BRIONY SMITH

ALIAS GRACE opens on the face of its heroine, a convicted murderer. After 15 years of incarceration, Grace Marks is now frog-marched to the prison governor's mansion every day, where she spends her afternoons cleaning. Grace pauses during her work, wide eyes filling the screen, as her voice-over ticks off the personas that people impose on her: Is she a heartless killer? An innocent betrayed? Her face slips from sly to serene to stern. With this, the miniseries—adapted from Margaret Atwood's 1996 work of historical fiction set in Kingston, Ont., itself based on the true story of an immigrant maid convicted in 1843 of killing her employer and his mistress—announces that it will crack open the complexity and cruelty of women's lives just as skilfully as Atwood's beloved novel.

The seminal text is in very good hands. Accomplished director and actor Sarah Polley has been hustling to get this miniseries made for the past two decades—ever since her agent gave her the book when she was 17. Though Polley failed to secure the rights back then, she got them when she turned 30, and now, eight years later, *Alias Grace* is finally hitting the screen, airing on CBC Sept. 25 and heading to Netflix Canada in 2018.

Polley called on director Mary Harron (of *American Psycho* fame) to helm all six episodes. Harron, too, was inculcated with

PHOTOGRAPHY, CBC

Atwood from an early age; she discovered the author in college when she found that her older sister and her friends were reading *The Edible Woman*. “[Atwood’s work] had a big effect on us. In the ’70s, we were discovering feminism, so I came of age with those books,” says Harron. “They had an impact on me.”

Polley is also an Atwood fan, and was determined to do justice to the writer’s nuanced characters. “She’s able to capture the inner workings and motivations of people in a way that’s piercing and all-seeing,” says Polley. “She gives readers X-ray vision into her characters’ minds.”

ABOVE Sarah Polley, who wrote the script adaptation of *Alias Grace*, poses with Margaret Atwood, the book’s author.

TOP RIGHT Sarah Gadon as Grace Marks.

RIGHT Director Mary Harron on set with Paul Gross and Sarah Gadon.

That’s why Polley wove so much of the book’s original dialogue into the script. Next, she looked homeward for True North talent, such as Sarah Gadon (as Grace Marks), Anna Paquin and Paul Gross (who play Grace’s victims) and even David Cronenberg, who cameos at the beginning as the reverend who calls upon Dr. Jordan, a dashing young doctor (played by BBC babe Edward Holcroft of *Wolf Hall*), to assess if Grace is a good candidate for release after a decade and a half in prison.

The series switches between Grace and Dr. Jordan’s tension-filled meetings in the governor’s fancy manse and flashbacks of Grace’s life leading up to the crime. There’s her stomach-churning boat journey to Canada from Ireland, during which her mother is one of the many to perish in the fetid conditions below deck, scenes truly grotesque in their conjuring of a heaving, claustrophobic nightmare. There’s Grace’s desperate scrabble to support her siblings after her father proves not only useless but also abusive, forcing her to grind out a living as a near-indentured servant to a succession of wealthy families. “If *The Handmaid’s Tale* looks ahead to what life *could be* for women, *Alias Grace* looks back at what it *was* for women,” says Polley.

The show has an eerie grey undertone, as if shot through a piece of muslin; it’s the perfect hue for the crushing monotony and hard labour of Grace’s life as an Irish immigrant in 1859 Canada, an existence that Polley and Harron showcase in contrasting interiors: the servants’ spare quarters and the dusty settlements look even more stark against the extravagant chintz-crammed drawing rooms of the wealthy that Grace cleans and cleans.

Her gender and poverty afford her little choice in career—or much else. “The women are all trapped, upper class and lower,” says Harron. “Everyone’s stuck in their roles; there are very few opportunities in that society.” Perhaps, stranded in the wilds of mud-splattered colonial Kingston, murder is Grace’s only way to assert any control at all.

Nineteenth-century Kingston is the latest location to star in Polley’s films. Setting is a

GET TO KNOW CANADIAN DIRECTOR MARY HARRON

AGE 64

HOMETOWN Bracebridge, Ont.

FAMILY CONNECTIONS Daughter of *Hee Haw* star Don Harron; stepdaughter of Virginia Leith (who was discovered by Stanley Kubrick) novelist Stephen Vizinczey and singer Catherine McKinnon

INTRIGUING PAST BF Tony Blair

SMOOTH MOVE Cowrote the screenplay and directed *American Psycho* in the face of enormous protests (it became a cult classic)

STRANGEST THING ABOUT MAKING FILM AND TV “You enter an alternate universe for a few weeks, and it means everything to you at the time. You’re living a dual reality.”

HARDEST PART ABOUT WORKING AS A WOMAN IN A MALE-DOMINATED FIELD “Being mansplained and patronized.”

WHAT DO YOU LOVE ABOUT BEING CANADIAN? “The modesty and the sense of humour.”

BIGGEST ACCOMPLISHMENT SO FAR “Starting a directing career after 40.”

DREAM YOU HAVE YET TO ACHIEVE “Whatever the next movie is.”

MOST CHERISHED MEMORY “The birth of my daughters.”

FAVOURITE CANADIAN TV SHOW “I love Canadian comedy: *Slings & Arrows*, *Trailer Park Boys*. Canadians are good at comedy because we don’t take ourselves too seriously. That’s a wonderful thing about Canadians. I’d hate to lose that.”

FAVOURITE CANADIAN VACATION SPOT “I love Muskoka, Ont.; that’s where I was born. I was just there for a wedding; I actually hadn’t been to the town my grandparents lived in—Gravenhurst, Ont.—in a long time, but it’s so beautiful, and I went swimming in Gull Lake, where my dad taught me to swim when I was five.”

always
ULTRA THIN
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ULTRA THIN
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ABOVE Anna Paquin as Nancy Montgomery and Paul Gross as Thomas Kinnear.

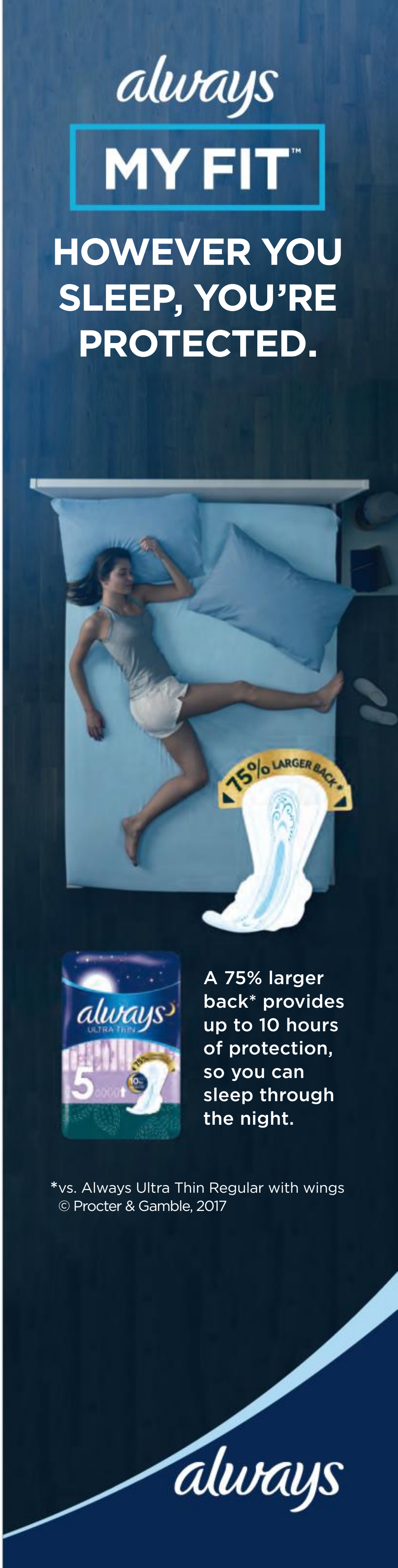
frequent character in her work, from the stark Ontario winterscape of *Away From Her* to Toronto's lush summer nights in *Take This Waltz*. This, she says, is how her Canadianness manifests itself most in her films. "A sense of place has been really important to me, as well as capturing the specific nature of my experience of being here," she says.

"Marks's court case was really the O.J. Simpson trial of its time," says Polley, pointing out that the different ways Grace was viewed during the sensational trial was informed by the political furor of the day, à la how opinions on Simpson's guilt often hinged on race and class. In Grace's case, the English gentry wanted to see her hang, while her fellow poor Scots and Irish believed she was innocent. She escaped the death sentence, but she then descended into the hellscape of what Harron describes as colonial Canada's "very, very harsh penal system." Polley and Harron don't flinch in portraying the tortures she underwent, as Grace not only suffers sexual assault and beatings but must also deal with constant flashbacks to her traumas, the audience shaking along with her at the jagged memories of struggling at the hands of predatory guards.

Polley and Harron were determined to reveal in *Alias Grace* the grimmest details of colonial women's lives, whether it was enduring the terrors of immigration or the pain of an illegal abortion. "That was very conscious," Harron says, recalling filming the scene where Grace discovers the gory aftermath of her friend's back-parlour procedure. "We wanted to show what went on. It's not going to be an idealized version." Star Sarah Gadon even once gleefully imitated Harron on set, crying, "More blood! We need more blood!" *Alias Grace* serves as an important reminder of how recent it was in Canada "that women were chattel and completely disposable, and where violence was a completely normal part of everyday life," says Polley. "And it still is for many women in many parts of the world."

There are some small moments of joy in the miniseries, however, especially when female friends wrest a few seconds of empowerment from an existence almost entirely controlled by men, whether it's tossing apple peels over their shoulders to foretell the initials of their future love or walking arm in arm to the abortionist. Between these tiny triumphs and everything Grace Marks endures, *Alias Grace* paints Grace's life in full and also a rich portrait of womanhood itself. "Often, when I read Margaret Atwood or hear her speak, I find myself thinking, Thank God she said that, as if I could have said the same thing," says Rebecca Liddiard, who plays Grace's best friend, the spirited servant Mary. "But I'm no writer or renegade—most of us aren't—and so I take comfort in Atwood's voice, which is always steadfast, intelligent, female, contentious, colourful. I trust her as a spokesperson for me as a Canadian woman in the larger world."

"Marks's court case was really the O.J. Simpson trial of its time."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always

Great Reads

Canadian Living staffers love a good book—and we know you do, too! Here's our roundup of titles to tempt you into a cozy chair by a fire on these blustery October days.

Alex's PICK
SING, UNBURIED, SING
A NOVEL
JESMYN WARD
NATIONAL BOOK AWARD-WINNING author of SALVAGE THE BONES
the lagom life
A SWEDISH WAY OF LIVING
balance • harmony • beauty • sufficiency
ELISABETH CARLSSON
#1 INTERNATIONAL BESTSELLER
THE HISTORY OF BEES
A NOVEL
MAJA LUNDE

Sing, Unburied, Sing

FICTION

(SCRIBNER)
BY JESMYN WARD, $35.

Jojo, despite his tender age of 10 and often unstable circumstances, is wise beyond his years. He devotedly cares for his infant sister, Kayla, and aids his ailing grandmother, all while learning to become a man from his tough and stoic grandfather. But this isn't just a coming-of-age tale. It's also a road novel, as Jojo, his young sister and their drug-addicted mother, Leonie, pack the car to pick up his father from prison. Surprisingly, it's a ghost story, too, as both Leonie and Jojo find themselves conversing with (and trying to ignore) visions of the dead. There's a lot going on, but I was immediately invested in the characters and their tormented pasts, as I hoped that maybe their stories might turn brighter. *—AD*

The Lagom Life

NONFICTION

(CICO)
BY ELISABETH CARLSSON, $23.

For people who prefer to live simply, this book is a new source of inspiration. Lagom—a Swedish word that means everything from balance to propriety to sufficiency—is being touted as the Swedish version of the Danish hygge we've all heard so much about, but in fact, it's more than that. It's a governing attitude of Sweden in which the main tenet is to be content with just enough. And while I get that, for some, the idea can be a bit stifling, in our current climate of excess, that sounds pretty good to me. *—SM*

The History of Bees

FICTION

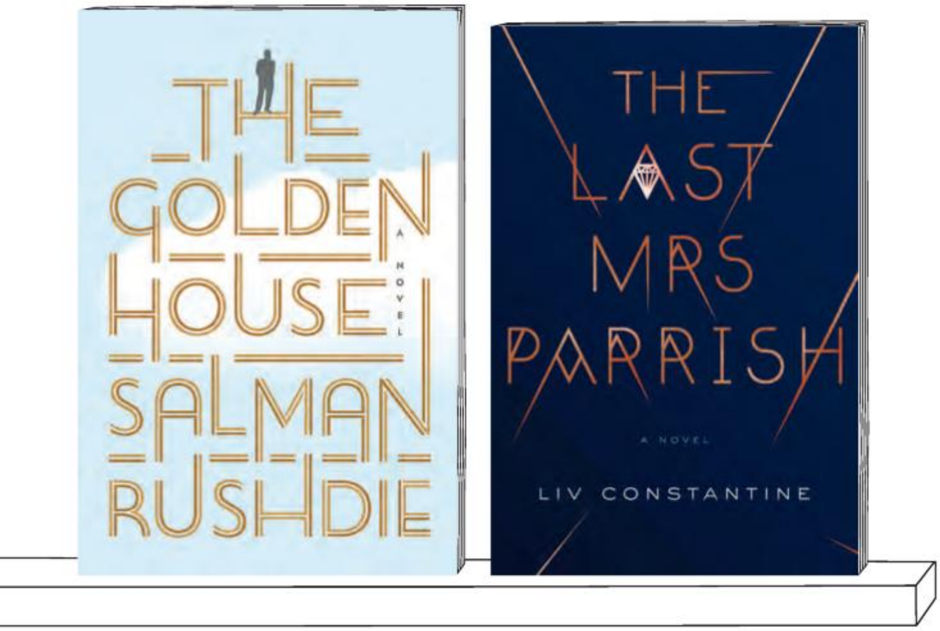
(TOUCHSTONE)
BY MAJA LUNDE, $25.

This timely and thoughtful novel goes beyond the topical question, What happened to the bees? In England in 1852, a biologist attempts to build a beehive that will earn his family prestige. In 2007 America, a beekeeper proudly and stubbornly honours his family's traditions. In China in 2098, the bees have disappeared and a hand pollinator searches for meaning after a terrible accident. These stories are interwoven in this moving tale about family and the history—and future—of bees. *—AD*

PHOTOGRAPHY, UNIVERSAL PICTURES (*THE SNOWMAN*)

> “When I began writing *Sing, Unburied, Sing,* I thought, I’m going to follow this family on a journey. I began to think about stories like *The Odyssey*, where the characters are searching, travelling and trying to return home. My characters are trying to find sort of a figurative home—a place of safety and comfort.” —*Jesmyn Ward*

Read more of Alex’s chat with Jesmyn Ward at **canadianliving.com/jesmynward.**



The Golden House

FICTION

(KNOPF CANADA)
BY SALMAN RUSHDIE, $35.

René has grown up in a sheltered and affluent New York community, and the residents often inspire his filmmaking ambitions. When Nero Golden, a mysterious expat with three sons and many secrets, moves in, René has found his leading man. Of course, it wouldn’t be New York City without a little political drama, and so the intrigue of the Goldens unfolds as a shocking (and not-so-subtly familiar) presidential election plays out. Is it Salman Rushdie’s best? I don’t think so, but his fans won’t be disappointed by this sweeping family drama. *—AD*

The Last Mrs. Parrish

FICTION

(HARPER)
BY LIV CONSTANTINE, $32.

Equal parts *Gone Girl*, *Sleeping With the Enemy* and *Single White Female*, this psychological thriller about a con artist weaseling her way into the lives of the ultrarich had me hooked from its opening line: “Amber Patterson was tired of being invisible.” As heartless and self-centred as she is clever and composed, Amber schemes to get what she thinks she deserves in life, even if it means destroying someone else’s. But neither she, nor I as a reader—could ever predict how it all ends up. *—SC*

READ IT, SEE IT

THE SNOWMAN

(VINTAGE CANADA)
BY JO NESBØ, $21.

Jo Nesbø’s beloved, beleaguered Insp. Harry Hole is coming to the big screen this month in a film adaptation of the seventh novel in the hard-hitting Oslo-based crime series. Gritty and downright gruesome in parts, the book follows the inspector and his team as they hunt for a serial killer who targets women, and who leaves—you guessed it—a snowman at each murder scene. Even though I figured out whodunit before I was halfway through, it was still a can’t-put-down thrill ride of a read. *—SM*

The Snowman stars Michael Fassbender as Norwegian policeman Harry Hole.

OUR STAFF REVIEWERS

Alexandra Donaldson loves reading literary fiction, essay collections, dark humour, Canadian authors and magical realism. This, and the fact that she’s one of our resident fashion editors, makes her the closest thing we have to Belle from *Beauty and the Beast*.

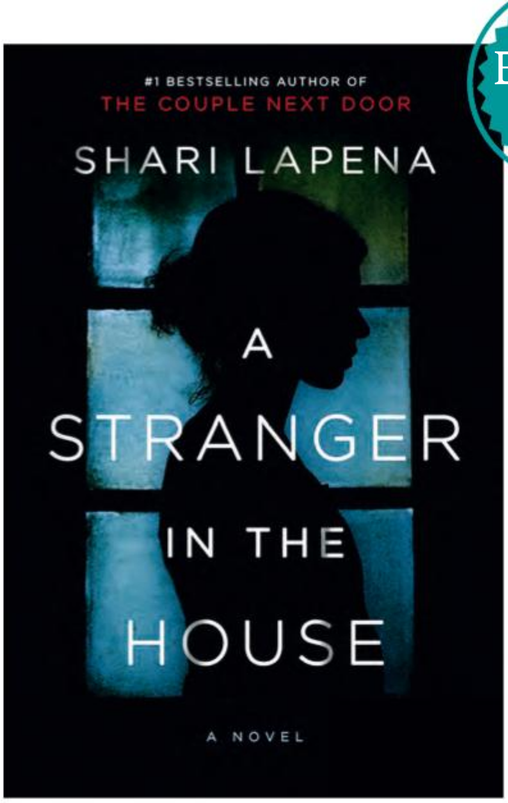
Suzanne Moutis almost always has her face in a book, be it Golden Age mystery, Second World War history or Hollywood tell-all. She unapologetically loves Regency romances and young adult fiction but turns up her nose at anything that will make her cry.

Sara Cation has wept-in-public her way through a litany of literary heartbreaks, from *The Little Prince* to *A Little Life*, but she’s buoyed by the humour of Shteyngart and the prose of Safran Foer. She’ll read anything set in North Korea or India but never touches self-help books or cheesy romances...not that there’s anything wrong with that.

Hot Reads

From a time-travelling love story to a family in distress, these hot-off-the-press novels are too good to put down.

Editor's PICK



A Stranger in the House

FICTION

(DOUBLEDAY CANADA) BY SHARI LAPENA, $25.

When Karen left her house one night, she left her purse and phone at home, the front door unlocked and dinner partially cooked. By the time she was discovered later that evening, she'd been in a near-fatal car accident in the bad part of town and was suffering from shock-induced amnesia. Worse still, the body of a gunshot victim was found nearby. Karen's husband, Tom, wants to believe she had nothing to do with the murder, but the detectives don't—and Brigid, a nosy neighbour from across the street, seems oddly desperate for answers. But there are things no one is willing to explain: Why is Tom so tense with Brigid? Why is Karen so vague about her past? Who keeps entering Tom and Karen's home? And what on Earth happened on the night in question?

DIANA GABALDON
VOYAGER

Voyager

FICTION

(ANCHOR CANADA) BY DIANA GABALDON, $23.

Diana Gabaldon's sweeping romance got the TV treatment in 2014 with the hit show *Outlander*. Get ready for the third season by picking up *Voyager*, the book on which the season is based, which takes our time-travelling heroine, Claire, from Boston to Edinburgh to Jamaica—and from 1968 back to 1765 to be with her love, Jamie.

LINDEN MACINTYRE
THE ONLY CAFÉ

The Only Café

FICTION

(RANDOM HOUSE CANADA) BY LINDEN MACINTYRE, $34.

Working on a story about homegrown terrorism, Cyril finds an unlikely connection to his father, who went missing and has just been declared dead. As Cyril digs into the mystery of his father's death, his research takes him as far as Lebanon and as close as The Only Café in Toronto, where he begins to learn who his father was—and why he disappeared.

We All Love the Beautiful Girls
JOANNE PROULX

We All Love the Beautiful Girls

FICTION

(VIKING CANADA) BY JOANNE PROULX, $25.

When Mia and Michael discover that their business partner and family friend has swindled them, they think their evening can't get any worse. But across town, their son, Finn, is getting progressively drunker at a teenage house party and is about to make a life-altering mistake. This family must confront their emotions—the anger, jealousy and resentment—from that night but also consider the consequences of the actions they take in the weeks and months that follow.

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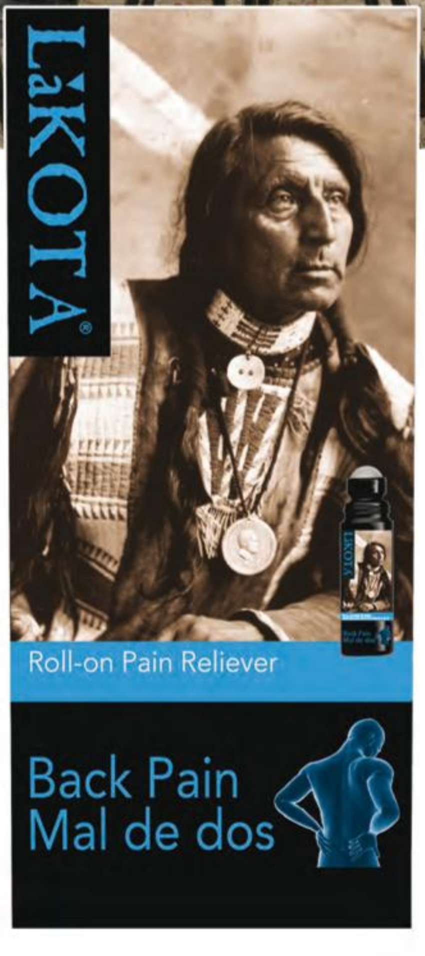
WE

Back Pain Relief for the Busy Woman



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get moving 82

superfood 84

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FIGHT CLUB

Despite devastating cancer diagnoses in the prime of their lives, three brave women climbed their way back to health and are now making the most of their time as breast cancer survivors.

TEXT ANDREA KARR

ABOVE Jenny Baker post-run with friends and family at the hospital.

TOP Jenny paced her sister (left) to a personal best in the Ealing Eagles 10K four years ago.

PERSONAL BEST

HOW JENNY BAKER USED RUNNING—AND WRITING—TO MAINTAIN HER SENSE OF SELF AFTER HEARING "YOU HAVE CANCER."

In the year before she was diagnosed with breast cancer, Jenny Baker ran hundreds of kilometres, always outdoing her personal bests. She'd been running for 15 years by that point, and it had become a major part of her identity. "Running keeps me positive," she says. "It's a good way to work through feelings and reflect."

Jenny had planned to complete five marathons in 2015 to celebrate her 50th birthday. Instead, she found a lump in her breast. "Though it was worrying," she says, "I never thought it would be breast cancer. I felt fit and healthy." But sure enough, the six-centimetre lump was cancerous and had spread to her lymph nodes. When her oncologist recommended chemotherapy to shrink the mass before surgery, one of Jenny's first questions was, "Can I keep running through chemo?"—something her doctor had never been asked before.

With her oncologist's blessing, Jenny proceeded to run to all six of her chemotherapy sessions with family and friends along for support. Her second session was particularly hard. "I found myself weighed down with sadness," she says. But she met a friend in the park, and they ran along the river and talked the whole way. By the time they arrived at her appointment, she felt lighter.

Jenny also used writing to work through her cancer journey by blogging about her experience once or twice a week. Those posts—about everything from her chemo runs to bra shopping—became fodder for her book (see

PHOTOGRAPHY, KIEREN GEANEY (RACE); LAURA BOMBIER (SCHOLL AND BETH)

below). Each week, she receives messages from women who have been touched by her story.

Though Jenny eventually had to take a break from running after her mastectomy and reconstructive surgery, she was back at it after a nine-week hiatus and continues to participate in marathons and triathlons. "When you have cancer, your sense of self is so challenged. You lose a lot of things that are part of your identity," she says, citing hair loss, days off work, the removal of a breast and severe scarring. "So, for me, running has helped me stay true to who I am."

RUN FOR YOUR LIFE: HOW ONE WOMAN RAN CIRCLES AROUND BREAST CANCER
(Pitch Publishing) by
Jenny Baker, $20, indigo.ca.

TOUCHED BY AN ANGEL

WHILE UNDERGOING BREAST CANCER TREATMENT, AUDREY GUTH WAS INSPIRED TO CREATE THE NANNY ANGEL NETWORK, A FIRST-OF-ITS-KIND ORGANIZATION THAT PROVIDES FREE NANNY SERVICES TO MOTHERS WITH CANCER.

NAN founder Audrey Guth.

It all started with a routine radiation appointment—one that Audrey Guth needed to attend to ensure that her breast cancer wouldn't return. "You scan in and wait for them to call your name," she says. "It's almost like a factory. There have to be 100 people waiting." Audrey noticed one young woman in particular who was sitting with a squirming two-year-old on her lap. "I saw the tears welling up in the woman's eyes," she remembers. "It looked like it was taking every bit of her energy just to be there."

That's when Audrey had an epiphany. She already owned an agency called Diamond Personnel that provided nanny services for families, often with working mothers. Why couldn't she start a not-for-profit organization that would do the same thing for mothers with cancer? Though Audrey was still dealing with her own illness, her entrepreneurial spirit took over, and she secured a $60,000 grant and began recruiting volunteers.

In 2009, the Nanny Angel Network (NAN) was born. It's utterly unique in the services it provides, particularly because the volunteer "nanny angels" are trained to speak with children about cancer and dying. "Most families are uncomfortable having that conversation," says Audrey. "But kids ask questions that need to be answered in an age-appropriate way to build resilience." And that's the biggest impact that NAN makes on the lives of these families—giving the children a trusted confidant who will stay with the family until three months after the mother's last treatment, or up to a year after her death.

One family stands out to Audrey as an example of the lives NAN has impacted. The mother was diagnosed with Stage 4 breast cancer when she was seven months pregnant. The doctors did an emergency C-section and started treatment right away. That left her husband with a toddler at home and a baby in neonatal intensive care while he was driving a bus to make ends meet. For the entire year of this woman's treatment, a nanny angel visited her daughters for four hours each week to play games, read books and, near the end, prepare the elder child for her mother's death. Audrey visited the patient in palliative care a couple of weeks before she died. "I asked, 'Are you afraid?'" remembers Audrey. "And she said, 'No. I know NAN is going to be there for my girls, so I'm not afraid.'"

Want to get involved? NAN is always looking for nanny angels in the Greater Toronto Area. You must have at least one year's experience working with children outside your family, but NAN will train you to talk to kids and answer questions about cancer diagnosis. Visit nannyangelnetwork.com to learn more.

ABOVE Leigh Scholl (Nanny Angel of the Year, 2015) was matched with Janette Buckley from 2014 to 2016, taking care of Janette's children, Beth (pictured) and Liam. Beth was only five when her mom was diagnosed; Liam was three.

Brett McCully, La Vie en Rose's brand ambassador for the Muse line.

PRETTY WOMAN

AFTER A MASTECTOMY AT AGE 29, BRETT McCULLY REGAINED HER SELF-ESTEEM WHEN SHE DISCOVERED A LINE OF FLIRTY, FEMININE BRAS.

For Brett McCully, the decision to remove her left breast after a cancer diagnosis was easy. Dealing with the emotional repercussions after surgery was not. She remembers the day she stood in front of the mirror and peeled off her bandages to reveal her lopsided chest. "I couldn't believe how large the scar was," she says. When she was told she'd require a second surgery that would take even more tissue, she broke down: "I felt ugly. I felt like less of a woman. I hid for a long time because I was ashamed of what I looked like."

It wasn't until Brett discovered La Vie en Rose's Muse line, a collection of bras for postmastectomy patients, that she began to regain self-confidence. "I loved shopping at lingerie stores and finding beautiful bras, but that was taken away from me until I found Muse," she says. "The moment I put on one of those designs, I felt instant happiness. It's cut lower, so there's no chafing on my scar. The fabric doesn't irritate my incision, and the corrective pad looks and feels just like a regular breast." The bras are pretty and affordable—a big plus since Brett was off work for treatment.

After she found the dose of femininity that changed her perspective, Brett posted on La Vie en Rose's Facebook page. "I wanted to thank them for making me feel like me again," she says. "And to let them know what this product has done for my self-esteem by bringing normalcy back into my life." Upon sharing her story, Brett was asked to be an ambassador and model for the Canadian brand's Fall 2017 Muse line—and she jumped at the chance to promote the collection and help other women fighting to feel feminine postmastectomy. The role has also given new meaning to her harrowing experience. "It's been great therapy," she says, "knowing that I might help someone with the same issues."

BRINGING SEXY BACK

With wireless and underwire options, removable gel pads and a range of colours, these bras for postmastectomy patients are just what the doctor ordered.

Muse **POSTMASTECTOMY BRA**, $60, lavieenrose.com.

Get Involved

October is Breast Cancer Awareness Month. Here's how to make donations of time, money—and hair!—count.

BOOBYBALL, BOOBYBALL.COM

With a 2017 theme of Get Physical—a nod to the benefits of exercise for risk reduction—and the promise of outrageous '80s costumes, photo booths, fun activities and plenty of Instagram-worthy decor, Rethink Breast Cancer's annual Boobyball "fun-raiser" is the furthest thing from a stuffy gala dinner and silent auction. This year, the event will take place in Toronto, Calgary, Vancouver, Ottawa and Halifax in the second half of October, and will add to the fundraiser's more than $4.3 million raised for education and the support of young women on their breast cancer journeys.

PANTENE BEAUTIFUL LENGTHS, BEAUTIFULLENGTHS.CA

It takes eight to 15 ponytails to create just one real-hair wig, which can cost upward of $1,000, a huge expense for someone who has already taken on the financial burden of undergoing treatment (depending on the type, the cost varies under different provincial plans; plus, without income, transportation and housing can cause considerable financial strain). Whether you donate $8 or eight inches of hair, Pantene's Beautiful Lengths program will turn your donation into a wig that will help a woman feel normal in the face of uncertainty.

THE CANADIAN CANCER SOCIETY CIBC RUN FOR THE CURE, CIBCRUNFORTHECURE.COM

Dust off your sneakers on Oct. 1 and run or walk to raise funds for breast cancer research and services. Since the 1980s, all the moola raised has gone to the promotion of early detection, increase in screening frequency and innovation of new and more effective treatments, which together have resulted in a 44-percent decrease in breast cancer deaths in Canada.

RETAIL THERAPY

WHO: H&M x Rethink
WHAT: a variety of unisex 8008135 T-shirts
WHY: 100 percent of proceeds go to Rethink Breast Cancer **PRICE:** $18 each

WHO: the Hudson's Bay HBC Foundation **WHAT:** two HBC Foundation BCRF scarves **WHY:** $12 from each sale supports the Breast Cancer Research Foundation **PRICE:** $20/set of 2 with any purchase at Hudson's Bay

WHO: Smythe **WHAT:** Duchess blazer in Rethink Pink **WHY:** $50 from each piece goes to Rethink Breast Cancer **PRICE:** $595

WHO: EOS **WHAT:** Strawberry Sorbet and Coconut Milk lip balms **WHY:** 100 percent of the October proceeds from Shoppers Drug Mart, London Drugs and North West Co. go to Rethink Breast Cancer **PRICE:** $4 each

PHOTOGRAPHY, LA VIE EN ROSE (MCCULLY); JENNA MARIE WAKANI (BOOBYBALL)

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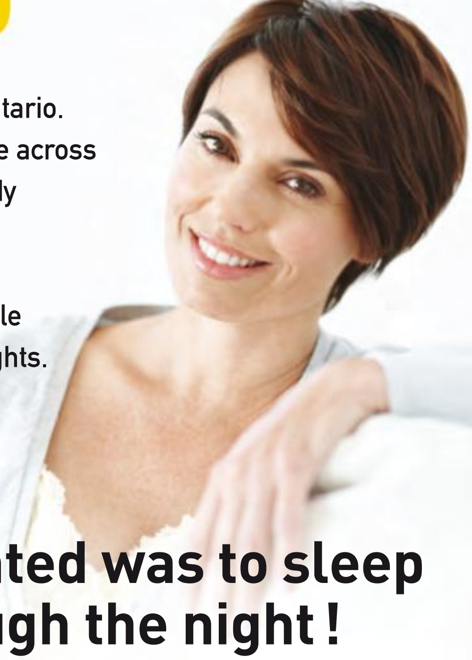
advertisement

SLEEP WELL

Christy lives in Ontario. She recently came across the natural remedy Melissa Dream™, which relieved her long time battle with sleepless nights. Here is her story:



All I wanted was to sleep through the night!

“The past few years I've had trouble getting a complete night's sleep. I fall asleep but wake up a few hours later and just lay there. It was draining and all I wanted was to sleep through the night.

I WAS LOOKING FOR SOMETHING NATURAL

I never tried medications, as I am scared of becoming dependent, so I was looking for natural solutions. When I first noticed Melissa Dream, in its yellow package, I was immediately intrigued. The ingredients made complete sense to me, as I have used many of them in teas and knew they were safe.

NOW I AM SLEEPING THROUGH THE NIGHT

So I tried Melissa Dream! I started sleeping a little better every night until, by the third night, I had a deep and wonderful sleep all night long. Now, in the mornings, I feel great and I have much more energy. My sleep is back to normal, and I am so much better at tackling the chores of the day. I am truly happy I found this product!”

Christie R., Ontario

MELATONIN FREE
Melissa Dream
calmative and sleep aid
calmant et aide au sommeil

PLANT EXTRACTS THAT MAKE YOU SLEEP ALL NIGHT LONG!

Melissa Dream™ is based on the newest studies of how plant extracts can be used to calm your mind and body. It has been documented, that within 30 minutes of taking the ingredients in these tablets, you feel a deep relaxation that relieves stress and gently makes you feel sleepy. There are no side effects, no waking up drowsy, no dependency. It's simply nature doing its work.

Melissa Dream™ is available at participating pharmacies and health food stores. For more information or to purchase online, please visit our website or call 1-877-696-6734.

SHOPPERS DRUG MART Loblaws amazon.ca Superstore Extra Foods metro Zehrs

www.newnordic.ca Online Store

Doctor IN THE HOUSE

This issue, our expert answers your most pressing breast cancer questions.

Q&A

With Dr. Melinda Wu

DR. MELINDA WU IS A FAMILY PHYSICIAN AT WOMEN'S COLLEGE HOSPITAL AND A GENERAL PRACTITIONER-ONCOLOGIST AT PRINCESS MARGARET CANCER CENTRE IN TORONTO.

Q What preventive lifestyle changes can I make to reduce my risk of breast cancer?

150 MINUTES OF EXERCISE PER WEEK IS RECOMMENDED

"There are many things beyond our individual control that affect breast cancer risk, such as family history, genetics, reproductive factors and breast density. That said, there are also many modifiable risk factors for breast cancer, such as physical inactivity, obesity, alcohol consumption and use of hormone replacement therapy. We know that maintaining a healthy weight and an active lifestyle—150 minutes of exercise per week is recommended—decreases your risk. And limiting alcohol intake to less than one drink per day, on average, or abstaining altogether, reduces it further. Breast cancer risk is five percent higher in women who consume one drink per day as compared to those who don't consume alcohol."

Q I've been called back after a routine mammogram. Should I be worried?

"A callback is common, particularly if you're embarking on imaging for the first time. Mammography has a fairly good detection rate when looking at one image, but accuracy is improved when comparisons between mammograms can be made. When you're in your 40s and 50s and moving from premenopause to menopause, your breasts go through several changes; this fluctuation in breast tissue can affect the images. So, although callbacks are frequent, only a small set of women require further testing, such as a biopsy, of which 80 percent are likely to return with benign or noncancerous diagnoses."

ACCURACY IS IMPROVED WHEN COMPARISONS CAN BE MADE

Q I have a friend who was diagnosed with Stage 1 breast cancer. What does that mean?

"Breast cancer staging refers to the size of a tumour and whether the cancerous cells have spread to the lymph nodes. Generally speaking, the severity of breast cancer increases through the stages. Stage 0 cancer is confined to the ducts, lobules or nipple with no invasive component."

STAGE 1 applies to an invasive tumour that has started invading surrounding tissue. The first step of treatment is surgery to remove all of the tumour.

STAGES 2 AND 3 relate to the size of the tumour (typically between two and five centimetres) and whether or not cancer cells have spread to the lymph nodes in the armpit.

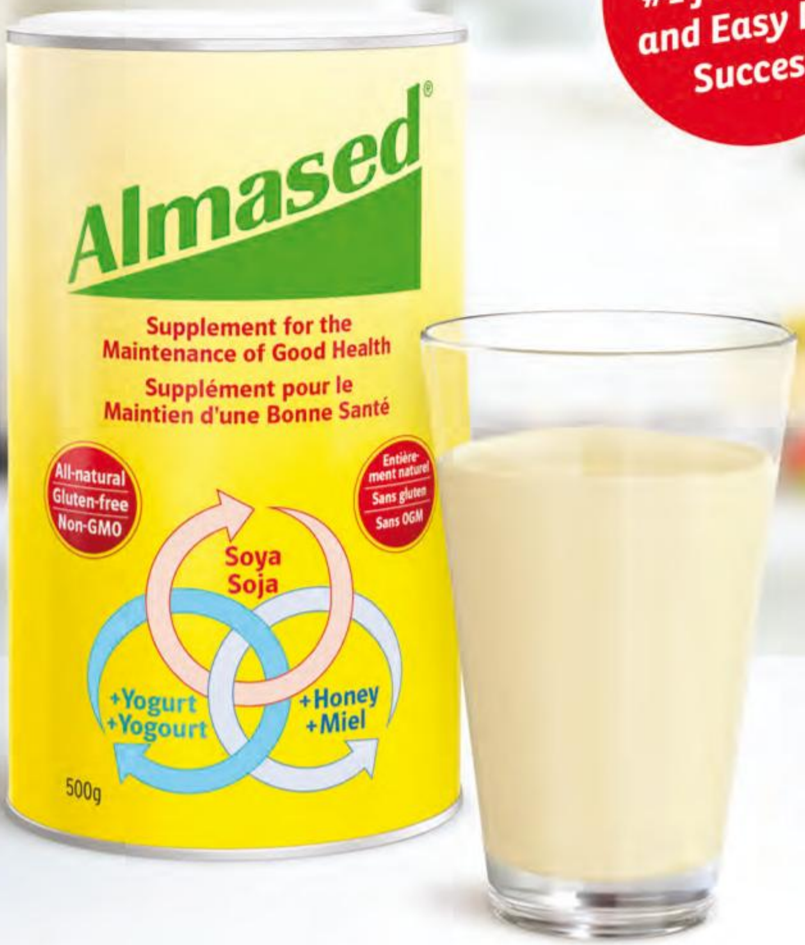
STAGE 4 distinguishes breast cancers that have spread to other parts of the body, such as the liver, lungs, bones or brain.

Germany's Most Popular Dietary Supplement

Germany's #1 for Quick and Easy Diet Success

Stephanie S.,
Hammond, LA

„I lost almost 70 pounds with Almased! Almased has given me the tools to live a happy life and for that I am truly grateful."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5 WAYS TO WAKE UP WITHOUT COFFEE

Yes, you *can* rise and shine sans your morning cuppa. We asked a sleep specialist and a naturopath how.

TEXT SARA CATION

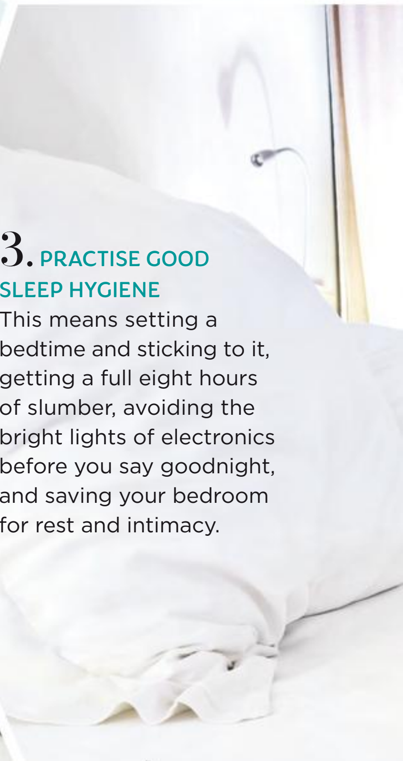
1. GET MOVING

Morning exercise gets blood flowing, revving up your brain and boosting your energy. So when you return from your morning run, you'll want to reach for water rather than coffee.

2. CHOOSE GREEN TEA INSTEAD

Although it contains caffeine, green tea clocks in with much less of it than coffee. Even better? It's teeming with antioxidants (which help increase immune strength, boost metabolism and protect from DNA damage), so you can get your caffeine and enjoy health benefits, too.

Green tea has about 25 milligrams of caffeine, while the average cup of joe can have more than 150 milligrams.



3. PRACTISE GOOD SLEEP HYGIENE

This means setting a bedtime and sticking to it, getting a full eight hours of slumber, avoiding the bright lights of electronics before you say goodnight, and saving your bedroom for rest and intimacy.

4. BRING UP YOUR BLOOD SUGAR

Morning sluggishness might not reflect a lack of caffeine but, instead, a dip in blood sugar from fasting overnight. A good breakfast helps. Get some whole grains, healthy fats and high protein—and, as always, avoid refined sugars.

energy fuel

Balance your blood sugar with our nourishing overnight oats. Turn to page 85 for the recipe.

5. LOOK INTO THE LIGHT

Dark mornings are both a drag and a detriment to your ability to wake up. Exposing yourself to bright light helps—but not your standard 60-watt bulb. Invest in a light-therapy box (with at least 10,000 lux) and sit in front of it for 30 to 40 minutes, maybe while eating brekkie. If you can't be still for that long in the morning, look online for a light visor that'll grant you the freedom to move around.

> Light therapy may also benefit those who suffer from seasonal affective disorder due to diminishing daylight in autumn and winter.

THE EXPERTS

Ashley Kowalski,
NATUROPATH, OTTAWA

Reut Gruber,
DIRECTOR OF ATTENTION, BEHAVIOUR AND SLEEP LABORATORY, DOUGLAS MENTAL HEALTH UNIVERSITY INSTITUTE, MONTREAL

PHOTOGRAPHY, ISTOCKPHOTO

“Less bulky bladder protection means more dresses like this.”

Depend*

Always Discreet

Always Discreet with 360° FormFit™ is **less bulky than Depend *and* drier too.***

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discreet
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Always Discreet. For bladder leaks.

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Available at Walmart

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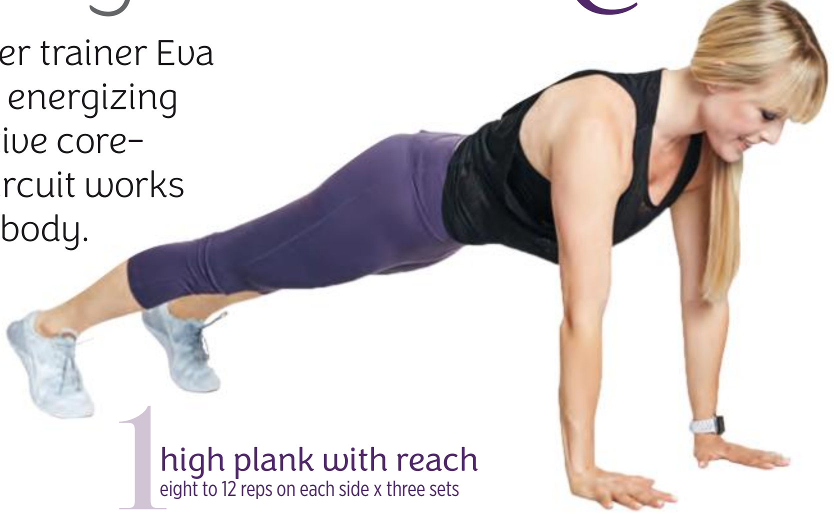
strengthen & tone your CORE

Nike master trainer Eva Redpath's energizing and effective core-focused circuit works the entire body.

TRAINER'S TIP

Break a big wellness goal down into smaller, less intimidating ones, and celebrate your successes along the way.



1 high plank with reach

eight to 12 reps on each side x three sets

START HERE
Begin in a high plank position with hands shoulder-width apart.

1 STEP YOUR TOES BACK, WIDER THAN HIP-WIDTH, KEEPING YOUR LEGS STRAIGHT AND ACTIVE.

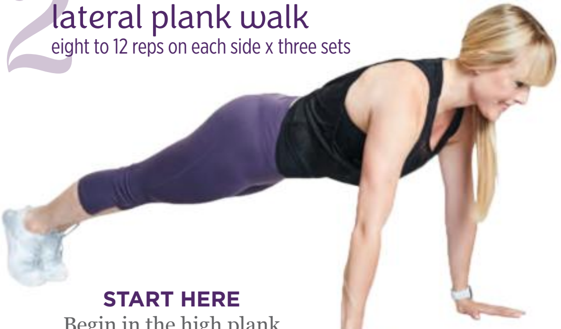
2 BRACE YOUR CORE.

3 WITHOUT SHOULDER OR HIP ROTATION, RAISE YOUR LEFT ARM LEVEL WITH YOUR EAR AND HOLD.

4 BRING YOUR LEFT ARM BACK TO STARTING POSITION AND REPEAT WITH YOUR RIGHT ARM.

2 lateral plank walk

eight to 12 reps on each side x three sets

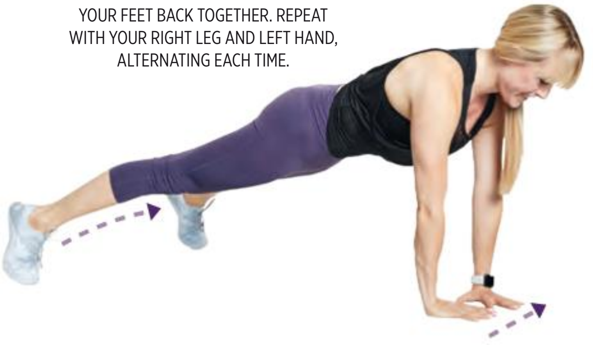


START HERE
Begin in the high plank position (as above).

1 BRING YOUR FEET TOGETHER, KEEPING YOUR ARMS EXTENDED AND DIRECTLY UNDER YOUR SHOULDERS.

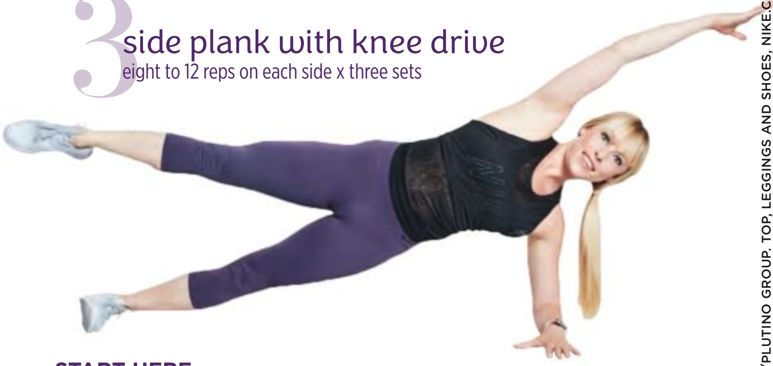
2 WALK YOUR LEFT LEG OUT AS YOU BRING YOUR RIGHT HAND IN TO MEET YOUR LEFT.

3 SEPARATE YOUR HANDS AS YOU STEP YOUR FEET BACK TOGETHER. REPEAT WITH YOUR RIGHT LEG AND LEFT HAND, ALTERNATING EACH TIME.



3 side plank with knee drive

eight to 12 reps on each side x three sets



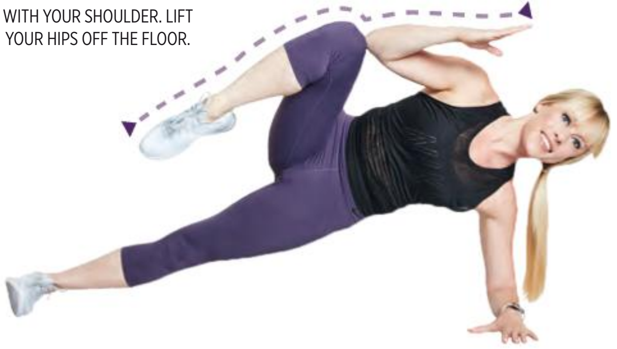
START HERE
Lie on your left side with legs extended and feet stacked.

1 PLACE YOUR LEFT FOREARM ON THE FLOOR WITH YOUR ELBOW IN LINE WITH YOUR SHOULDER. LIFT YOUR HIPS OFF THE FLOOR.

2 LIFT YOUR RIGHT LEG AND EXTEND YOUR RIGHT ARM BY YOUR EAR.

3 BEND YOUR RIGHT KNEE AND ELBOW, PULLING THEM IN TO TOUCH.

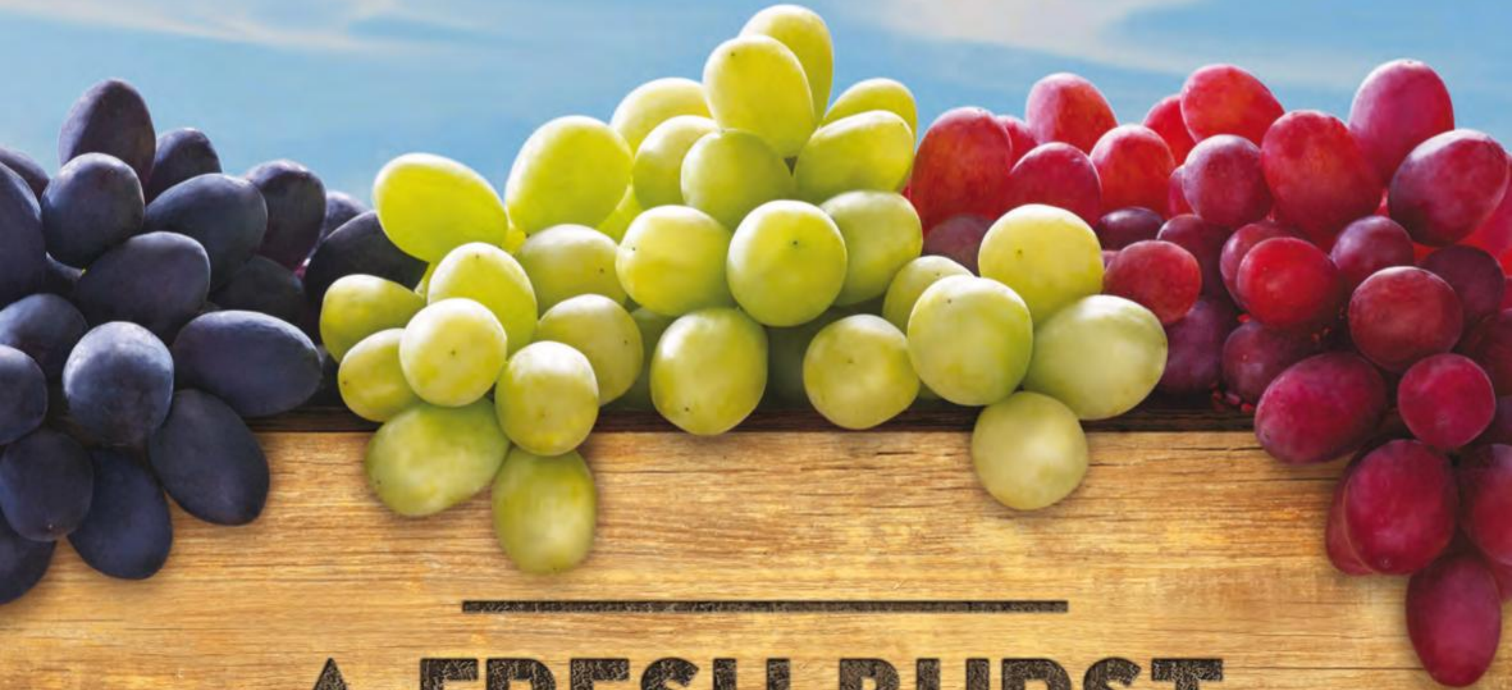
4 STRAIGHTEN YOUR LEG AND ARM. REPEAT ON THE OPPOSITE SIDE, ALTERNATING EACH TIME.



EVA REDPATH IS A WOMEN'S FITNESS LEADER AND CANADA'S NIKE MASTER TRAINER. FOR WORKOUT AND WELLNESS INSPIRATION, FIND EVA ON INSTAGRAM @EVAREDPATH.

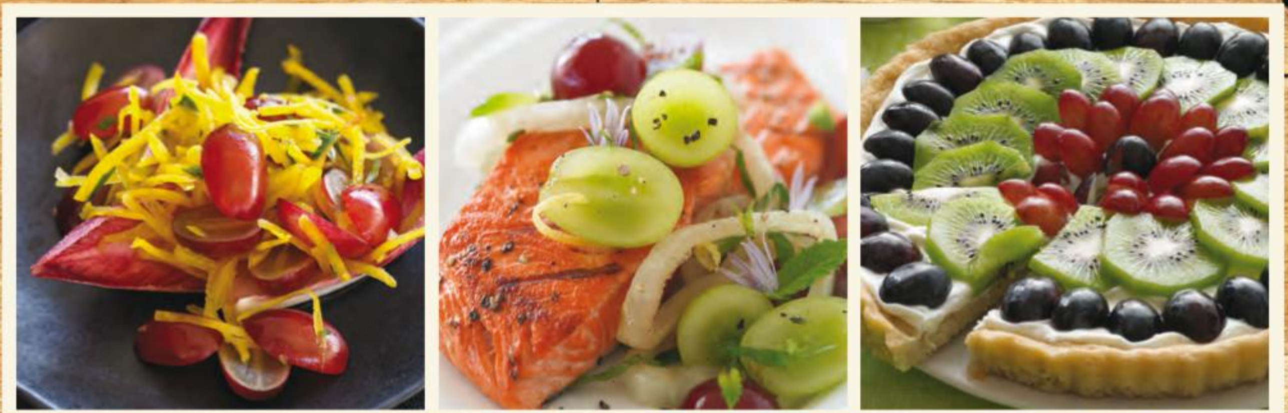
Watch Eva do these moves at **canadianliving.com/getmoving**.

PHOTOGRAPHY, GENEVIÈVE CARON. HAIR AND MAKEUP, JUKKA/DAVINES/MAKE UP FOR EVER/PLUTINO GROUP. TOP, LEGGINGS AND SHOES, NIKE.COM



A FRESH BURST OF FLAVOUR

Make fall more festive
with plump & delicious grapes from California



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GrapesfromCalifornia.com

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Pumpkin Seeds

This mini but mighty superfood, full of fibre, protein and minerals, is proof that good things come in small packages.

TEXT GRACE TOBY | **RECIPE** JENNIFER DANTER & THE TEST KITCHEN

The dark green seeds, also known as pepitas, are part of the squash family and can be found in their shells in some pumpkin varieties. Eat pumpkin seeds shelled or unshelled, raw or roasted.

THE BENEFITS

Rachel Bies, a Toronto-based holistic nutritionist, shares some of the seeds' health perks.

- A handful (about 57 grams) has 10 grams of **protein**—similar to a chicken thigh.
- **Magnesium** plays a key role in heart health and keeps blood sugar under control. Get nearly half of the recommended daily amount with a quarter cup.
- A 57-gram serving before bed can lend a relaxing effect due to **tryptophan**, which also acts as an excellent mood booster.
- The seeds contain a diverse combination of **antioxidant-rich vitamins**, including vitamin E.
- **Zinc** supports cell growth and development, and repairs your body inside and out. Just 30 grams of seeds provides roughly 7.5 milligrams, nearly 80 percent of the recommended daily intake.

DID YOU KNOW?

Pepitas is Spanish for "little seeds."

BEAUTY NOTES

Let your skin reap the rewards of these tiny morsels.

1
2
3
pai
MyChelle

1. DOUBLE DUTY
THIS TWO-STEP SYSTEM INCLUDES A NOURISHING CREAM AND A REPLENISHING OIL.

PAI SKINCARE Pomegranate & Pumpkin Seed Stretch Mark System, $86, paiskincare.ca.

2. STRENGTHEN AND PROTECT
MAKE THIS LIGHTWEIGHT, ANTIOXIDANT-RICH MOISTURIZER YOUR DAILY GO-TO.

MYCHELLE Pumpkin Renew Cream, $35, beautyboutique.ca.

3. SKIN SAVIOUR
THIS SUPER-HYDRATING SERUM IS GREAT FOR ALL SKIN TYPES.

PROVINCE APOTHECARY Rejuvenating + Hydrating Face Serum, $76, provinceapothecary.ca.

PHOTOGRAPHY, MAYA VISNYEI (FOOD). FOOD STYLING, CLAIRE STUBBS. PROP STYLING, ALANNA DAVEY

GOOD
FOR YOU

One serving of this dish provides half of the recommended daily dose of fibre.

PUMPKIN SEED OVERNIGHT OATS

MAKES 2 SERVINGS
HANDS-ON TIME 10 MINUTES
REFRIGERATION TIME 6 HOURS
TOTAL TIME 6¼ HOURS

1½ cups	large-flake rolled oats
1½ cups	unsweetened almond milk or coconut beverage (approx)
¼ cup	2% plain Greek yogurt
¼ cup	liquid honey
2 tbsp	chia seeds
1 tbsp	vanilla
¼ tsp	each ground ginger and cinnamon
½ cup	fresh mixed berries
2 tbsp	roasted shell-on pumpkin seeds
2 tbsp	pepitas

In large bowl, stir together oats, almond milk, yogurt, 3 tbsp of the honey, the chia seeds, vanilla, ginger and cinnamon. Refrigerate for 6 hours or overnight.

Spoon oat mixture into 2 bowls; top with berries, pumpkin seeds and pepitas. Drizzle with remaining honey. Just before serving, add more almond milk, if desired.

PER SERVING about 498 cal, 15 g pro, 11 g total fat (1 g sat. fat), 91 g carb (13 g dietary fibre, 40 g sugar), 2 mg chol, 195 mg sodium, 312 mg potassium. % RDI: 42% calcium, 24% iron, 8% vit A, 11% vit C, 2% folate.

TESTED TILL PERFECT
Canadian Living TEST KITCHEN

Dietitians of Canada recommends that women aged 19 to 50 consume 25 grams of fibre daily.

ann marie's TOP FINDS

HOME & STYLE DIRECTOR ANN MARIE FAVOT REVEALS HER HARVEST-TIME MUST-HAVES FROM CANADIAN TIRE'S **CANVAS** LINE.

◀ **CANVAS** Turner wood and metal **BAR STOOL** with adjustable seat, $129.99 for two, Canadian Tire, canadiantire.ca.

▶ **CANVAS** Mina round wooden **MIRROR**, 30″, $79.99, Canadian Tire, canadiantire.ca.

▶ **CANVAS** tall hand-woven Heidi **BASKET**, $29.99, Canadian Tire, canadiantire.ca.

HEART-WARMING harvest

It may be time to retire our patio furniture and pizza-shaped pool floats for the year, but bidding adieu to summer also means getting to embrace autumn's chic and cozy side. Need a dose of style inspiration? The **CANVAS**™ collection, available exclusively at Canadian Tire®, is your go-to source. We partnered with the brand to devise a fresh and functional dining room awash in crisp shades, rich textures and contemporary outdoorsy touches that define the season. Saturated hits of inky blue in the ultra-stylish dining chairs, drapes and dip-dyed wicker baskets, for example, are warmed up with rustic elements, from the white-washed dining table to the wood-framed wall mirror. Add in a few more nature-inspired details such as bright foliage and the table setting's sliced-log centrepiece bases, and you end up with a relaxed setting fit for family and friends alike—because comfy spaces like this are built for extra-long (and delicious) meals surrounded by good company, where taking your sweet time is par for the course.

◀ **CANVAS** White Vibe **TOSS CUSHION**, 18″, $24.99, Canadian Tire, canadiantire.ca.

▶ **CANVAS** Easton glazed-porcelain grey cappuccino **MUG SET** and espresso **CUP SET**, $15.99 each per 4-piece set, Canadian Tire, canadiantire.ca.

▲ **CANVAS** upholstered Eve **DINING CHAIR** in Navy, $149.99, Canadian Tire, canadiantire.ca.

statement piece
comfortably stylish
Nordic styling
perfect grey tone
Create your own stylish workspace with our range of inspiring furniture and accessories.
Lucidity
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CANVAS™
Exclusively at

canadiantire.ca/canvas

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simple project FALL DISPLAY

Changing up your seasonal decor doesn't have to cost a penny. Bring the outdoors in with nature-walk finds, such as these vibrantly coloured leaves. Press them into use as makeshift botanical artwork, and while you're at it, place a few maple branches in a tall vase.

home & garden

ask an expert 90
organizing 92
mix master 94
crafts 96
decorating 98

PHOTOGRAPHY, STACEY BRANDFORD

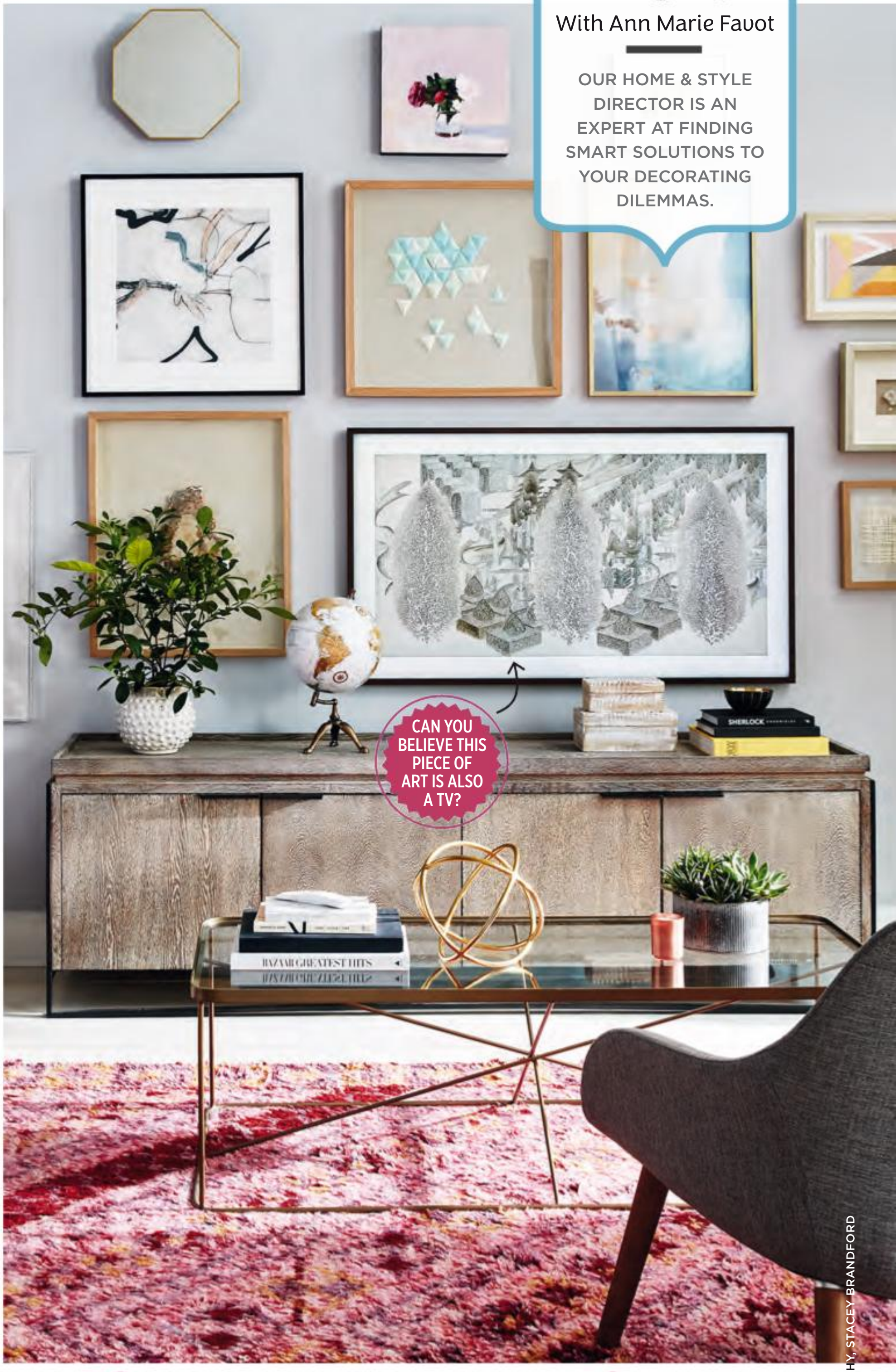
HIDDEN Gem

This issue, we settle the debate about sacrificing style for substance when buying a big-screen TV.

Q&A

With Ann Marie Favot

OUR HOME & STYLE DIRECTOR IS AN EXPERT AT FINDING SMART SOLUTIONS TO YOUR DECORATING DILEMMAS.



PRODUCER, STACY BEGG. PHOTOGRAPHY, STACEY BRANDFORD.

Q My husband wants a giant TV, but it won't fit with the style of my formal living room. Any ideas?

It's definitely true that televisions don't always exude elegance, but for many people, it's unrealistic not to have one in the living room. Short answer: Install a wall-mounted TV and hang art around it to draw the eye elsewhere. Long answer: Look for an item like The Frame, by Samsung, a 4K TV and piece of art in one. Designed to appear just as a picture frame would on a wall, it comes loaded with 100 pieces of gallery-worthy artwork, so when you're not viewing your favourite programs and the TV is off, its Art Mode feature displays a piece of art on the screen. There's one in the photo at right—did you spot it? I'm excited by this innovative technology—it will be perfect for homes like yours.

choose the look FOR YOU

The Frame, by Samsung, comes with its own collection of artwork, but you can purchase more, or upload your own pieces using the My Collection feature.

IF YOU ♥ modern

THE FRAME has interchangeable frames in walnut, oak or white to match your decor.

IF YOU ♥ classic

Get your dream
home without
changing your
address.

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EXPIRATION END OF
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G RAYMOND
VISA

Turn your home into your dream home with the *ScotiaLine*® Personal Line of Credit with Visa* access card.

Easily bring your home renovation ideas to life with the *ScotiaLine*® Personal Line of Credit with Visa* access card. It's the line of credit that fits in your wallet.

Talk to an advisor today, or visit www.scotiabank.com/reno

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All applications are subject to meeting Scotiabank's standard credit criteria, residential mortgage standards and permitted loan amounts.

FALL GARAGE cleanup

It's time to tidy the tools, put away the paintbrushes and sort the space in your garage. With our foolproof easy action plan, you'll be prepped for winter in no time. **PRODUCER** ANN MARIE FAVOT

drive
SEEDS

Seven steps to get your garage in gear

1. PLAN Create a floor plan and research storage systems for inspiration.

2. CLEAR OUT & DIVIDE Remove everything from your garage and place in one of three areas: keep, donate/sell or throw out.

3. CLEAN Sweep the floor, hose it down, get rid of cobwebs and remove oil stains.

4. SORT Arrange your keep pile into sections, such as hardware and tools; sports and recreation; automotive; yard maintenance; winter property maintenance; and major equipment (lawn mower, snowblower).

5. REVIEW & ALLOCATE Take stock of your items to estimate the size of the workstation and the number of bins, shelves and hooks you'll need. Map out enough space to park your car and store large equipment.

6. PUT THE PLAN INTO ACTION Hang ladders, rakes, bicycles and other less used or awkwardly shaped items on the wall or ceiling to save more shelving space for your bins. Put smaller items in clear bins and store them in designated areas.

7. MAINTAIN & ENJOY Label your bins, and check back on your layout periodically to keep the organization system up to date.

ORGANIZING ESSENTIALS

Whip your garage into shape with these great products.

▷ Rubbermaid metal **BASKET**, $30, lowes.ca.

◁ Edsal adjustable **WORKBENCH**, $154, homedepot.ca.

▷ Chroma Kraft **STICKER LABELS**, $57/box of 250, amazon.ca.

▷ Knodd **BIN** with lid, $25, ikea.ca.

◁ Samla transparent **STORAGE BOX**, $23, ikea.ca.

PHOTOGRAPHY, MANUEL RODRIGUEZ/ONE KINGS LANE (GARAGE). STYLING, ANTHONY SANTELLI (GARAGE)

ADVERTISEMENT

Photo by: Andreas Trauttmansdorff Pictures

3 COMMON *beauty challenges,* SOLVED

Stylist and *Cityline* contributor Lynn Spence offers simple solutions so you can wear your age with confidence.

The challenge: THINNING HAIR

"Thinning hair is something most of us deal with as we age," says Spence. "It lacks life and volume and can make even the brightest outfits fall flat."

The solution: PULL OUT ALL THE TRICKS

When it comes to healthy hair, choosing the right shampoo and conditioner is crucial. "I've been wowed by the **Pantene Colour Preserve Volume** collection," Spence says. "I love that it helps protect my colour and keeps it radiant — and that it doesn't weigh down my hair. It's great to have a product with dual benefits!"

PANTENE
PRO-V

OLAY
OLAY
AGE DEFYING
ADVANCED
OLAY

The challenge: DRY SKIN

"You may have noticed that as you age, your skin becomes drier and less firm. Staying hydrated is a great first step, but the real game changer is what you put on your skin.

The solution: MOISTURIZE

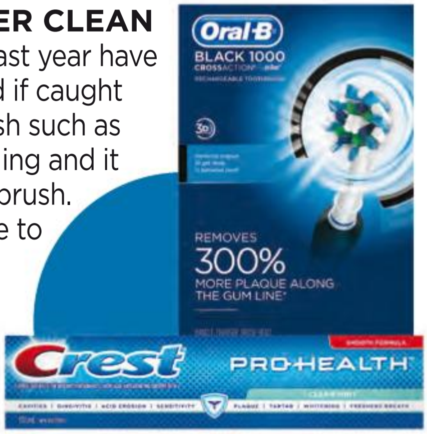
After cleansing, use a gel moisturizer like **Olay Age Defying Advanced Hydrating Gel.** Formulated with hyaluronic acid, this moisturizer penetrates the skin's surface and provides 24 hours of sheer and breathable hydration.

The challenge: AGING TEETH

When you're confident in how you look, you can't help but smile. Spence adds, "Your smile is what draws people to you, and stained or aging teeth shouldn't stand in your way. Put your best look forward with a healthy-looking smile."

The solution: USE THE RIGHT TOOLS FOR A BETTER CLEAN

Forty-eight percent of Canadians who haven't seen a dentist in the past year have gum disease, though this can almost always be prevented or reversed if caught early[1]. Investing in the right tools can help. Using an electric toothbrush such as the **Oral-B Pro1000 Black Cross Action** gives you a dentist-clean feeling and it removes 300 percent more plaque along the gumline than a manual brush. Spence suggests pairing your brush with **Crest Pro-Health** toothpaste to promote healthier gums & stronger teeth. "Nothing completes a look quite like a healthy, beautiful smile!"



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[1] Canadian Dental Association http://www.cda-adc.ca/en/oral_health/cfyt/good_for_life/

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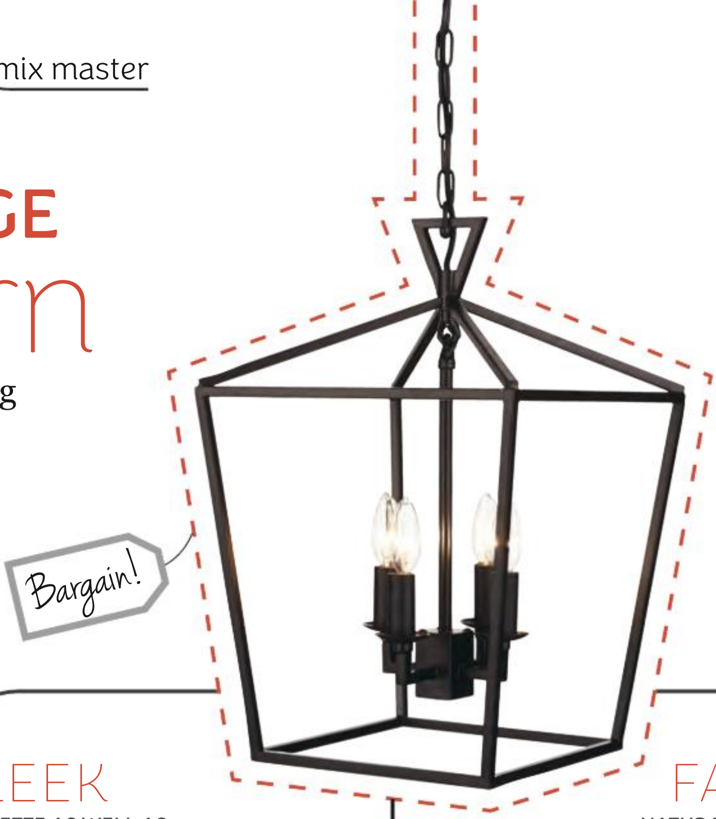
CARRIAGE lantern

One show-stopping piece inspires two outstanding decorating looks.



OUR FAB FIND!

This affordable iron lantern can go just about anywhere. We've used it as a jumping-off point for two dining room styles, but it would look equally at home in an entryway, high-ceilinged kitchen or living room.

Canvas Holden **CHANDELIER**, $130, canadiantire.ca.

CITY SLEEK

A MONOCHROMATIC PALETTE AS WELL AS FURNISHINGS WITH CLEAN LINES AND INDUSTRIAL MATERIALS DEFINE THIS LOOK.

◁ Urba **DINING CHAIR**, $79, structube.com.

▷ Tall **CANDLESTICKS**, $15 each, hm.com/ca.

△ Compass **DINING TABLE**, $649, cb2.com.

▽ Beauti-Tone Snowglory D36-6-0531-0 **PAINT**, homehardware.ca.

FARMHOUSE

NATURAL WOOD TONES, SOFT TEXTURES AND WARM SHADES OF BRASS MAKE THIS LOOK COME ALIVE.

◁ Faceted glass and brass **HURRICANES**, from $99, serenaandlily.com.

▷ Montana **DINING CHAIR** in Kaden Oyster, $269, urbanbarn.com.

◁ Hunter Green 2041-10 **PAINT**, benjaminmoore.com.

△ Parkmore extending **DINING TABLE**, $1,900, potterybarn.com.

PRODUCER, MORGAN LINDSAY

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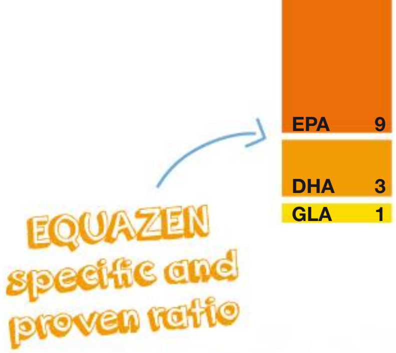
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ADHD... A TRUE STORY

How learning difficulties and low self-esteem turned into learning success and confidence...

"My 6 year old son was diagnosed with ADHD at the age of 3. We as parents knew there was an issue but the professional diagnosis was shocking to us. We asked ourselves "what if I had done things differently" but today we ask "how can we make his life easier and help him be the best he can be.

At school my son was challenged and upset that he couldn't learn like the other kids. This led to low self-esteem and unfortunately bullying. He would come home with signs of being pushed, hit and made fun of and all this on top of the spelling test that he had failed.

After reading about EQUAZEN online, we tried it and are now at week 7. The results have been immense for him and our family. He recently had a spelling test with 5 out of 8 correct words! "Big deal" you may think but - NO! This could not have been achieved even 3 weeks ago. His teacher's report says that he is more focused and determined, and not "problematic" and "disruptive" anymore. His emotional outbursts have decreased and he feels more confident, in control and able to stand up for himself.

Unless a parent has a child with ADHD they cannot even begin to understand the struggles and pain that everyone in the family goes through. Even the simplest tasks are emotionally draining. So to find a natural health supplement that actually produces results like this feels like a miracle!

EQUAZEN needs to be on every parent's list for providing that road to success for their child with ADHD. It is one product that we will never run out of, ever!"

LORI W.,
ON, Canada

5 TIPS FOR DEALING WITH ADHD

1. **Decrease** TV/video game time
2. **Reduce intake** of processed foods high in sugar, salt and saturated fat
3. **Increase** exercise and "green" time
4. **Create** a daily routine
5. **Take a proven fatty acid** supplement, ideally with the 9:3:1 ratio

"At my ADHD clinic, we have been using EQUAZEN for years and we are very happy with the results"

– Dr. Eduardo Barragán Pérez:
Pediatric neurologist and ADHD expert.

For more information, visit our website. Available at participating pharmacies, health food stores and online. ☎ 1-877-696-6734

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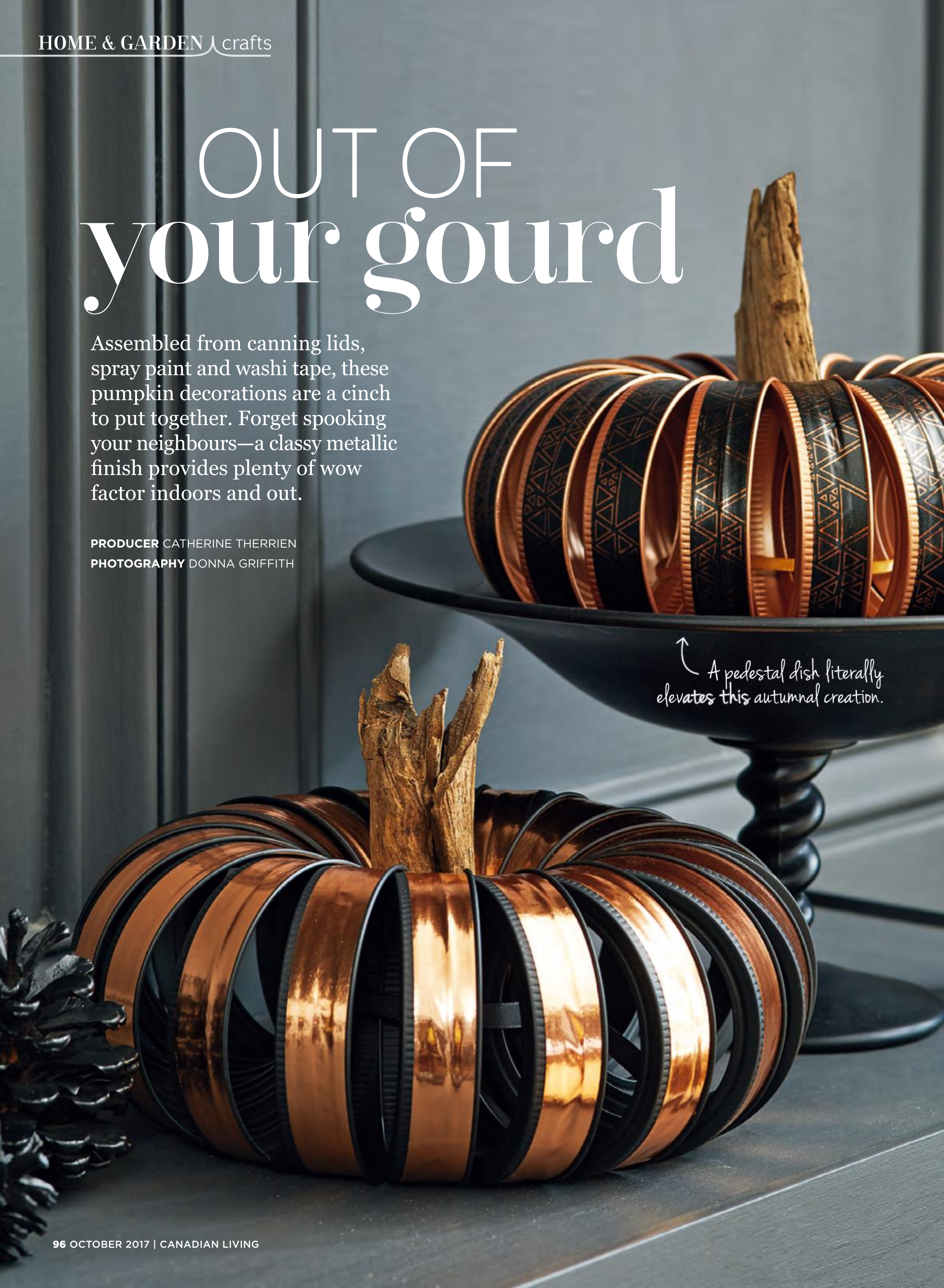
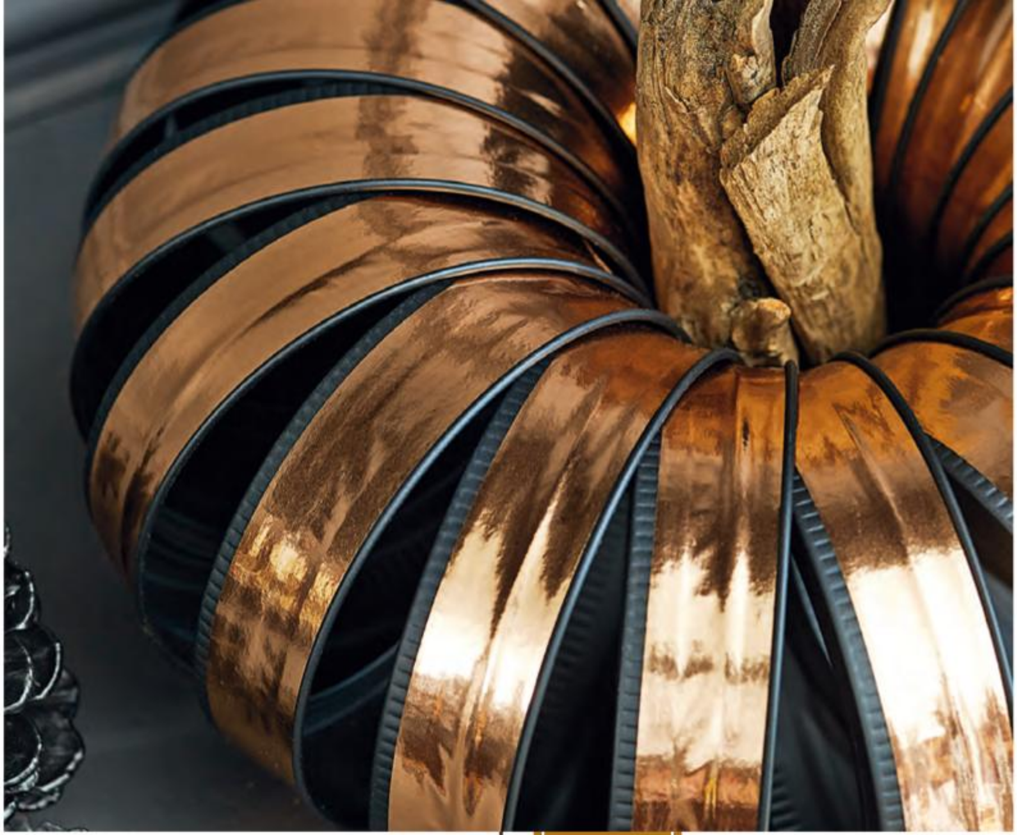
OUT OF your gourd

Assembled from canning lids, spray paint and washi tape, these pumpkin decorations are a cinch to put together. Forget spooking your neighbours—a classy metallic finish provides plenty of wow factor indoors and out.

PRODUCER CATHERINE THERRIEN
PHOTOGRAPHY DONNA GRIFFITH



A pedestal dish literally elevates this autumnal creation.



This project is low cost and easy to make. Unleash your inner artist: For an even more daring look, throw some bolder and brighter colours into the mix.

MATERIALS

• 18 **CANNING LIDS** (78 mm) • Large piece of **CARDBOARD** • Rust-Oleum Universal Metallic **SPRAY PAINT** in Copper Rose or Rust-Oleum Painter's Touch Multi-Purpose **PAINT** in Flat Black • Scotch Expressions **WASHI TAPE** in Black/Copper Triangle Foil or Copper • **RIBBON** (to match pumpkin's base colour) • **DRIFTWOOD**

HOW TO

1 Spread out the lids on the cardboard. Spray paint one side of the lids; let dry completely. Turn the lids over and spray paint the other side; let dry completely. Add a second coat, if necessary.

2 Apply the washi tape around each lid. (For easier placement, align one edge of the tape with the rim of the lid.)

3 Set the lids on their sides, all facing the same direction. Arrange in a circle; secure together with the ribbon. Insert driftwood in the middle to create a stem.

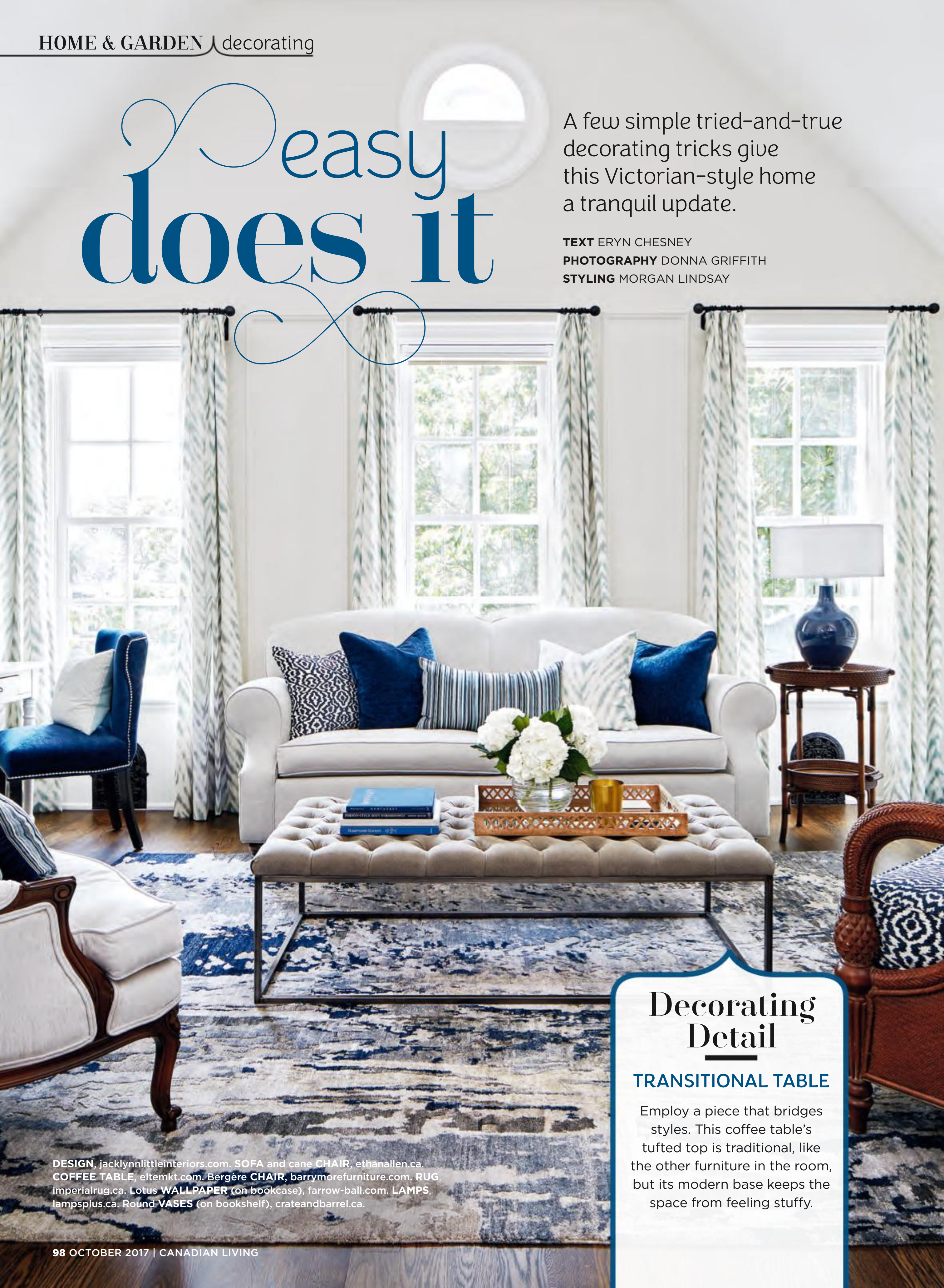
fall craft must-haves

RUST-OLEUM
UNIVERSAL
METALLIC
PAINTER'S Touch
Scotch

easy does it

A few simple tried-and-true decorating tricks give this Victorian-style home a tranquil update.

TEXT ERYN CHESNEY
PHOTOGRAPHY DONNA GRIFFITH
STYLING MORGAN LINDSAY



DESIGN, jacklynnlittleinteriors.com. **SOFA** and cane **CHAIR**, ethanallen.ca. **COFFEE TABLE**, eltemkt.com. Bergère **CHAIR**, barrymorefurniture.com. **RUG**, imperialrug.ca. Lotus **WALLPAPER** (on bookcase), farrow-ball.com. **LAMPS**, lampsplus.ca. Round **VASES** (on bookshelf), crateandbarrel.ca.

Decorating Detail

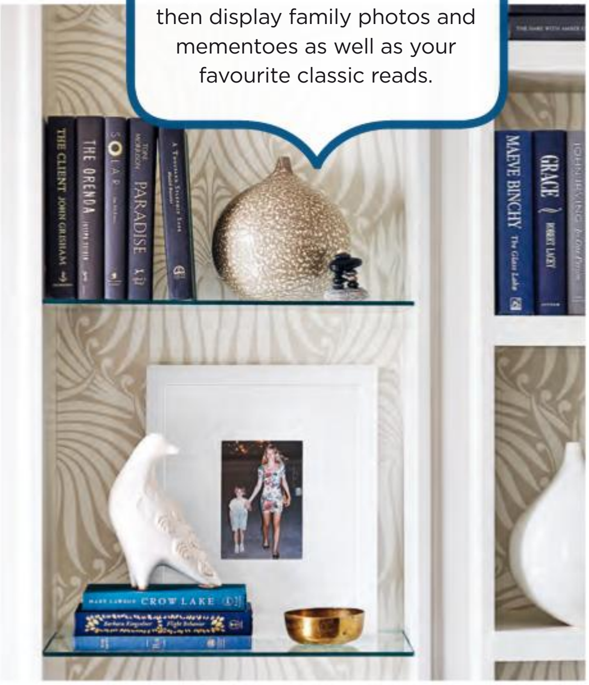
TRANSITIONAL TABLE

Employ a piece that bridges styles. This coffee table's tufted top is traditional, like the other furniture in the room, but its modern base keeps the space from feeling stuffy.

Decorating Detail

BEAUTIFUL BOOKCASE

Use leftover wallpaper to back the shelves of a bookcase, then display family photos and mementoes as well as your favourite classic reads.



When Elizabeth and Alan Skelly purchased their Victorian-style house in Toronto's Cabbagetown neighbourhood in 2015, they thought they were simply taking on a quick kitchen remodel and overall refresh. However, a problematic basement and lack of functionality throughout the home quickly led to the decision to renovate the entire dwelling. Add to that the strain of living out of nearby Airbnbs during part of the process, and Elizabeth was officially in over her head. "I've decorated all our previous homes and really enjoyed it," she says, "but taking on an entire house at once overwhelmed me."

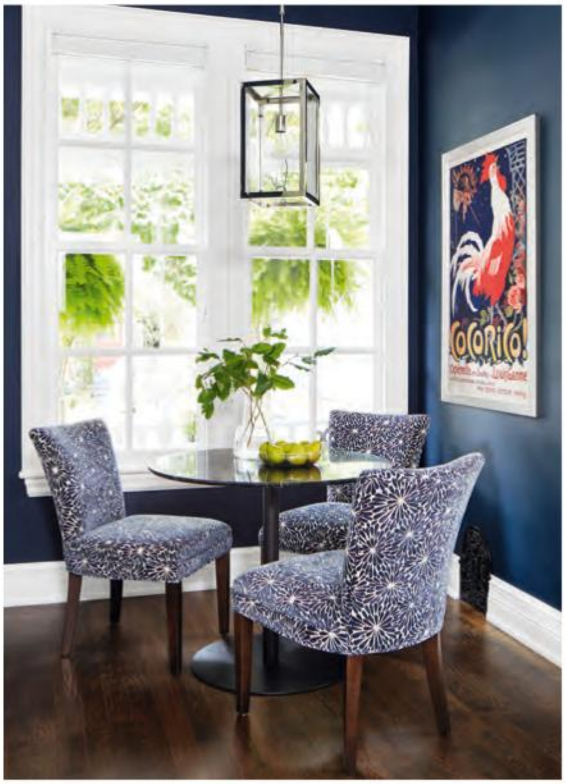
Looking for a little help choosing paint colours and statement-making wallpaper at Farrow & Ball, Elizabeth made an appointment for a home consultation, where she met Jacklynn Little. They immediately connected, and when Elizabeth learned that Little was an interior decorator, she knew she'd found the right person to help her create her dream abode.

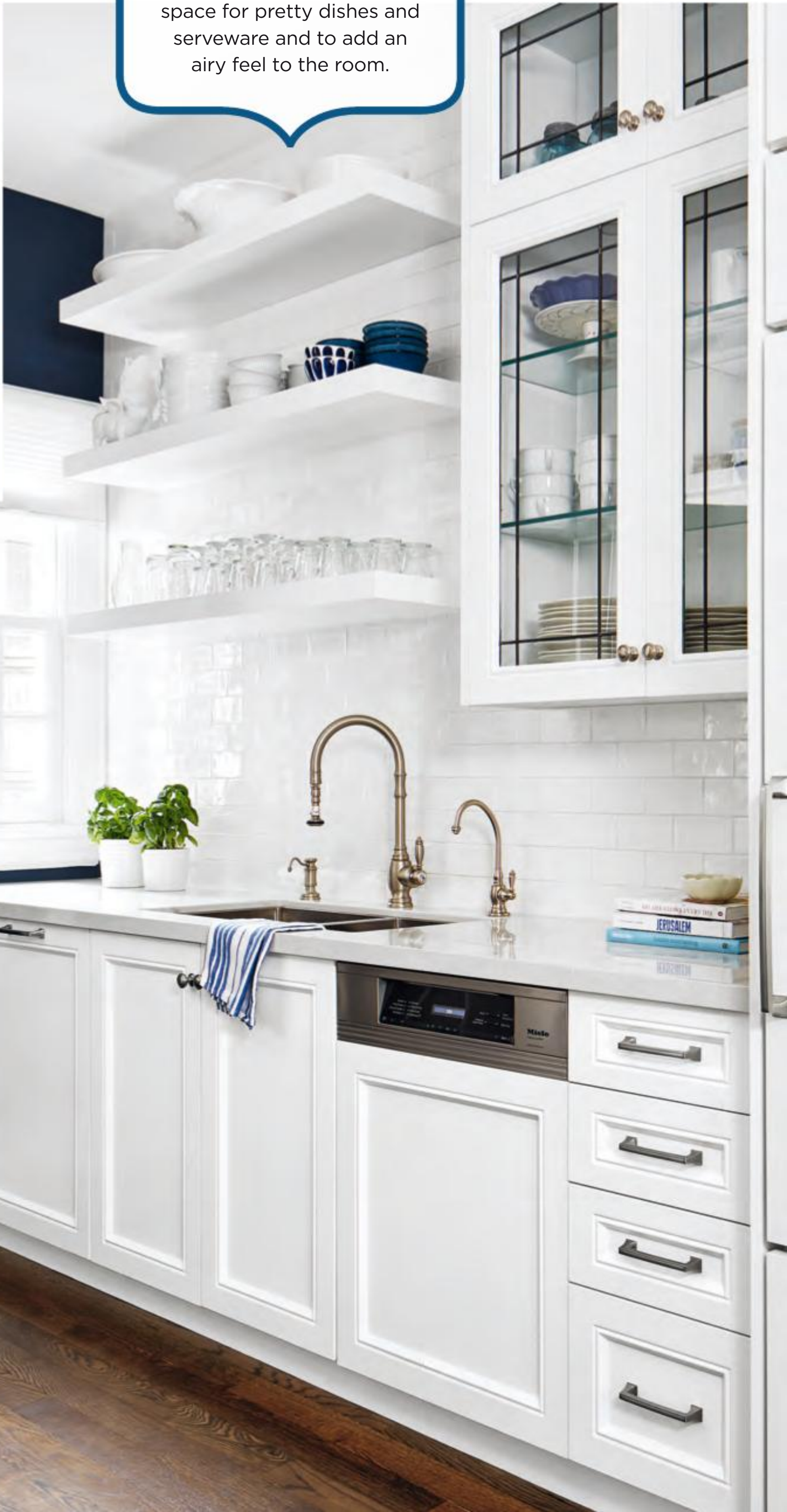
Together, they chose finishes and accessories to create the fresh, contemporary space that Elizabeth envisioned. Traditional furnishings from the Skellys' previous home were given face-lifts to work with the new interior, and dramatic accents were brought in by way of bold paint colours and vibrant textiles. The result is a welcoming space that boasts lots of modern appeal but still holds tons of staying power.

Decorating Detail

OPEN SHELVING

Add simple open shelves to your kitchen, both as display space for pretty dishes and serveware and to add an airy feel to the room.





Tried & True

SHADES OF BLUE

This calming colour is used in the Skellys' home to unify the decorating scheme. From patterns and stripes of cobalt and sky on toss cushions and bedding to solid blocks of indigo and navy on walls and upholstery, the hue is found in every room. Luckily, it's one Elizabeth was only too happy to live with. "It was my mother's favourite colour," she says. "She passed away a few years ago after battling Alzheimer's for 13 years."

Blue is also the perfect companion for the crisp whites and neutral creams so popular today, and is making an on-trend statement for home decor this fall.

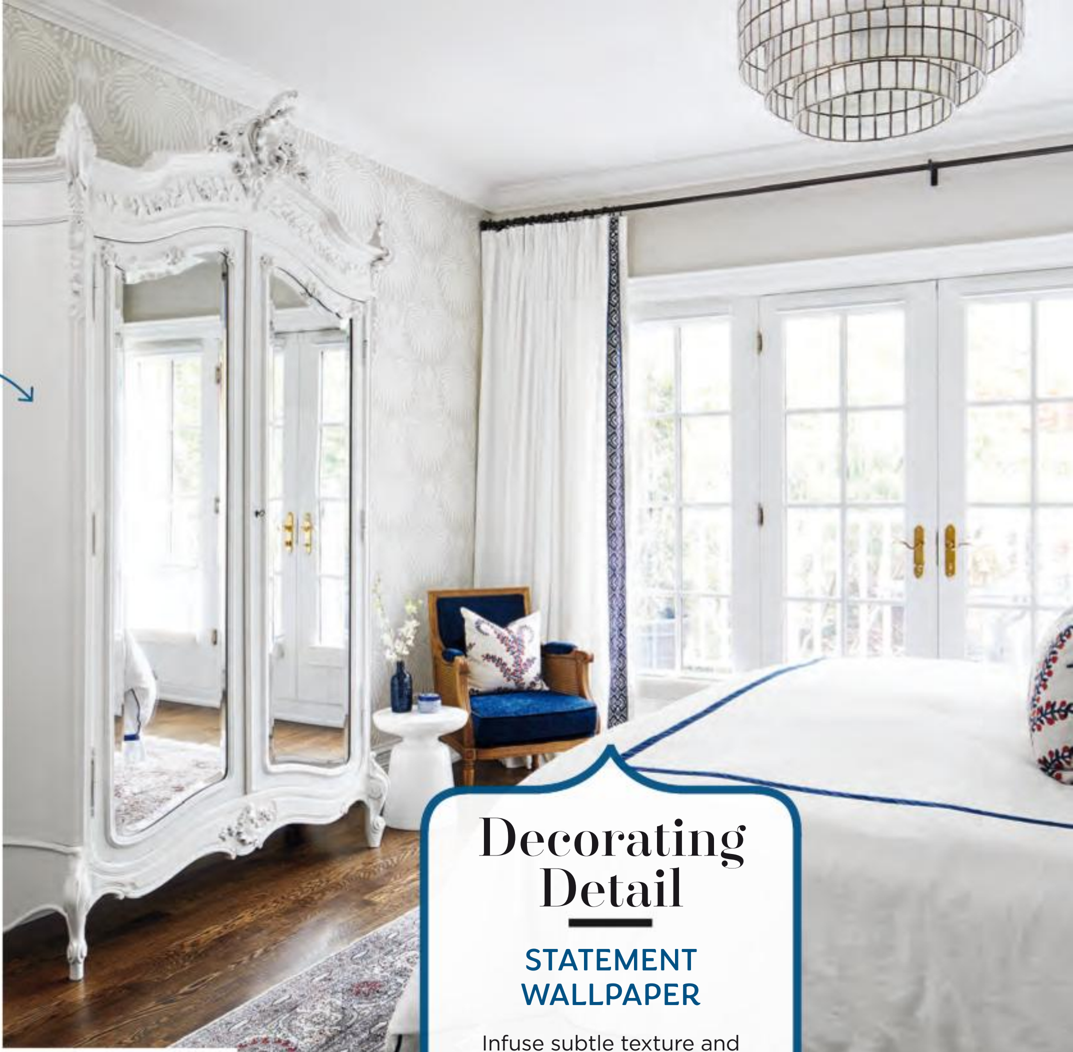
DINING TABLE, eq3.com. **DINING CHAIRS**, greshamhousefurniture.com. **PENDANT LIGHT**, sescolite.com. Rooster **PRINT**, idesirevintageposters.com.

Tried & True

OLD BECOMES NEW

Elizabeth repurposed the large armoire by having it painted white. “It was a perfect solution to including a beloved antique into a much more contemporary space,” she says. The area rug was also in her previous home, and she was determined to use it again in the master bedroom. Little made it work by imbuing the space with echoing hits of navy and red.

SIDE TABLE and **NIGHTSTAND**, westelm.com. **LAMP**, lampsplus.ca. Blue **VASE**, crateandbarrel.ca. Lotus **WALLPAPER**, farrow-ball.com.



Decorating Detail

STATEMENT WALLPAPER

Infuse subtle texture and pattern into an otherwise neutral room with a standout wallpaper in muted colours. Apply it on only one wall for a modern look.

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Add a soft wash of colour to your paper for an extra-special touch.

impress guests
PRETTY LABELS

The Thanksgiving table is set and the meal is prepped—this year, you haven't forgotten a thing. But here's a little something extra: Handwrite your dinner menu and guests' place cards on card stock with a calligraphy pen. Better yet, splurge and have a pro do it.

cook & eat

secrets 104
quick & easy 108
meatless monday 114
big batch 116
simple to spectacular 124
thanksgiving 132
last bite 146

PHOTOGRAPHY, MAYA VISNYEI. CALLIGRAPHY, SYLVIA WONG/VIACALLIGRAPHY.COM

LEFTOVER Overhaul

After Thanksgiving dinner, you can always count on leftovers! Our tips help you make the most of extra stuffing, mashed potatoes and—of course—turkey.

TEXT JENNIFER DANTER

TURKEY CURRY buffet, anyone?

In large saucepan, melt **2 tbsp unsalted butter** over medium heat; cook **2 minced garlic cloves**, **1 chopped onion** and **1 tbsp grated fresh ginger** until onion is softened, about 8 minutes. Stir in **3 tbsp garam masala**, **2 tbsp all-purpose flour**, **1 tsp ground cumin** and **pinch cayenne pepper**. Gradually whisk in **3 cups turkey broth**, **1 cup apple cider**, **¾ cup 2% plain Greek yogurt**, **¼ cup mango chutney** and **1 tbsp tomato paste**. Increase heat to medium-high; bring to boil. Reduce heat to low; simmer, stirring often, until thick, about 20 minutes. Stir in **4 cups coarsely chopped turkey** and **chopped cilantro to taste**.

BERRY BLISS

Top plain yogurt with apple cinnamon granola, leftover cranberry sauce and a drizzle of honey for a delicious autumn-morning treat.

Got gravy?

Use it to boost flavour in stews and soups such as pea and beef barley.

Potato Makeover

Need to use up mashed spuds? Make Herbed Gnocchi. In large bowl, stir **4 cups mashed potatoes** with **¼ cup finely chopped fresh herbs (such as sage, thyme and parsley)**. Stir in **1 cup all-purpose flour**, in 3 additions, just until mixed; add more flour if dough is really sticky. Turn out onto unfloured work surface; knead to form slightly sticky spongy dough. Divide dough into 4 pieces. Roll out each into long ¾-inch thick ropes; cut into ½-inch lengths. In large saucepan of boiling salted water, cook gnocchi, in 3 batches, until tender, 2 to 3 minutes. Using slotted spoon, transfer to ice water; let cool. Remove gnocchi; pat dry with paper towel. In large nonstick skillet, melt **1 tbsp unsalted butter** over medium heat. Working in batches, cook gnocchi until crispy and golden, adding **1 tbsp unsalted butter** between batches. Serve as is or with tomato sauce.

trend ALERT

Just Waffle It

Ditch the maple syrup and pass the gravy. The latest waffle trend takes savoury to a new level with leftover bread stuffing: Preheat waffle maker according to manufacturer's directions; coat with cooking spray. Spread stuffing across surface; cook until crispy on both sides, 8 to 10 minutes. Top with leftover turkey; douse with gravy. Yum!

PHOTOGRAPHY, JEFF COULSON. ILLUSTRATION, ISTOCKPHOTO

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Find New Green Giant* Riced Veggies, Mashed Cauliflower and Veggie Tots in the frozen vegetable aisle.

REIMAGINE YOUR RICE™

NEW NOUVEAU
Green Giant
RICED VEGGIES
CAULIFLOWER
LÉGUMES EN RIZ
CHOU-FLEUR
340 g

CAULIFLOWER PIZZA CRUST

INGREDIENTS

1 pkg (340 g) Green Giant* Riced Cauliflower
1 egg
1/3 cup shredded mozzarella cheese
1 tbsp grated Parmesan cheese
Your favourite pizza toppings

DIRECTIONS

Preheat oven to 400°F. Microwave Green Giant* Riced Cauliflower according to package directions. Drain cooked cauliflower in a colander, pressing out as much moisture as possible with paper towels. Stir in egg and cheeses.

Spray baking sheet with nonstick cooking spray. Press cauliflower mixture into an 11-inch circle.

Bake 25 minutes or until edges are brown and crust is crisp. Top with desired pizza toppings. Bake 8 to 10 minutes.

MIX UP YOUR MASH™

NEW
Green Giant
MASHED CAULIFLOWER
ORIGINAL
NO POTATO
567 g

EASY SHEPHERD'S PIE MASH

INGREDIENTS

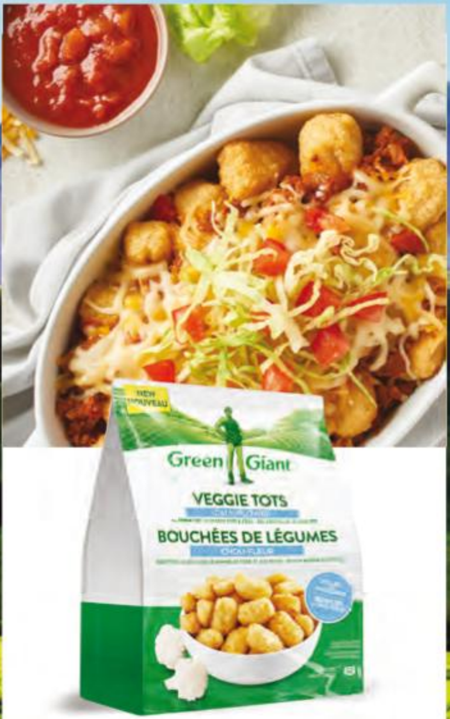
1 pkg (567 g) Green Giant* Original with Olive Oil & Sea Salt Mashed Cauliflower, cooked according to package directions
1 lb ground beef
2 cups Green Giant* Frozen Mixed Vegetables, thawed
1/2 cup beef broth
1 tsp Worcestershire sauce

DIRECTIONS

Brown ground beef in large skillet and drain. Add vegetables, broth and Worcestershire and simmer 10 minutes or until hot.

Serve beef mixture over hot Green Giant* Original with Olive Oil & Sea Salt Mashed Cauliflower.

A NEW TAKE ON TOTS™


NEW NOUVEAU
Green Giant
VEGGIE TOTS
CAULIFLOWER
BOUCHÉES DE LÉGUMES
CHOU-FLEUR
454 g

CAULIFLOWER TOTCHOS

INGREDIENTS

1 pkg (454 g) package Green Giant* Cauliflower Veggie Tots, cooked according to package directions
1 lb ground beef
1 (16-ounce or 454 mL) jar salsa
2 cups shredded Mexican blend cheese
1 cup shredded lettuce
1 cup chopped tomato

DIRECTIONS

Preheat oven to 425°F. Brown ground beef in large skillet and drain. Stir in salsa and cook 3 minutes or until heated through.

Arrange cooked Green Giant* Cauliflower Veggie Tots in 2-quart baking dish. Top with beef mixture then sprinkle with cheese. Bake 8 minutes or until cheese is melted.

Top with lettuce, tomato and your favourite nacho toppings.

For more recipes, go to **GREENGIANTCANADA.CA**

Green Giant

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TESTED TILL PERFECT
Canadian Living TEST KITCHEN

what's for dinner?

Five quick and easy dinners on your table in 30 minutes or less!

RECIPES PAUL LILLAKAS & THE TEST KITCHEN

PHOTOGRAPHY MAYA VISNYEI

FOOD STYLING CLAIRE STUBBS

PROP STYLING LARA MCGRAW

{ A few fresh ingredients and a couple of pantry staples are all it takes to make these fast weeknight-friendly dishes. }

on the table in 30 MINUTES

WHITE BEAN & KALE SOUP

MAKES 8 SERVINGS

300 g	salami, casings removed, halved lengthwise and thinly sliced crosswise
2	leeks (white and light green parts only), chopped
2	carrots, thinly sliced
3	cloves garlic, minced
1 tbsp	each dried oregano and dried sage
4 cups	sodium-reduced chicken broth
2½ cups	water
2	cans (each 540 ml) sodium-reduced cannellini beans, drained and rinsed
6 cups	thinly sliced stemmed kale
2 to 3 tbsp	lemon juice
	shaved Parmesan cheese (optional)
1 tsp	olive oil (optional)

In Dutch oven or large heavy-bottomed saucepan, cook salami over medium heat until browned, 4 to 6 minutes; using slotted spoon, remove salami to bowl. Set aside. In same pan, cook leeks and carrots until softened, 3 to 5 minutes; stir in garlic, oregano and sage. Add broth and water; bring to boil. Reduce heat, cover and simmer for 10 minutes.

Increase heat to medium; stir in salami, beans and kale. Simmer for 5 minutes. Remove from heat; add lemon juice to taste and Parmesan (if using). Drizzle with oil (if using).

PER SERVING about 304 cal, 18 g pro, 15 g total fat (5 g sat. fat), 27 g carb (9 g dietary fibre, 5 g sugar), 30 mg chol, 1,014 mg sodium, 582 mg potassium. % RDI: 10% calcium, 21% iron, 68% vit A, 30% vit C, 33% folate.

TEST KITCHEN TIP

Rinse leeks thoroughly. Because they're grown in sandy soil, they tend to retain dirt and grit.

MARMALADE PORK TENDERLOIN

MAKES 4 SERVINGS

7	multicoloured heirloom carrots, halved lengthwise
4	shallots, halved
¾ tsp	nutmeg
½ tsp	salt
1 tbsp	vegetable oil
450 g	pork tenderloin, trimmed
¼ cup	orange marmalade
1 tbsp	grainy mustard
½ tsp	dried sage

Preheat oven to 425°F. In large bowl, gently toss together carrots, shallots, nutmeg, ¼ tsp of the salt and 2 tsp of the oil. Set aside.

Sprinkle pork with remaining salt; rub all over.

In cast-iron or ovenproof skillet, heat remaining oil over medium-high heat; cook pork, turning often, until browned, about 5 minutes. Add carrot mixture to pan; roast until instant-read thermometer inserted sideways in centre of pork reads 155°F, about 15 minutes. Transfer pork to cutting board; tent with foil. Let rest for 5 to 10 minutes before slicing.

Meanwhile, in small saucepan, stir together marmalade, mustard and sage; cook over medium heat, stirring frequently, until slightly thickened and syrupy, 3 to 5 minutes. Set aside.

Toss carrot mixture with skillet juices; return sliced pork to pan. Spoon marmalade sauce over top.

PER SERVING about 253 cal, 26 g pro, 6 g total fat (1 g sat. fat), 24 g carb (3 g dietary fibre, 15 g sugar), 61 mg chol, 434 mg sodium, 601 mg potassium. % RDI: 4% calcium, 13% iron, 97% vit A, 7% vit C, 11% folate.

TEST KITCHEN TECHNIQUE

Letting the pork rest before adding the marmalade glaze means less glaze will slip off the meat while cooking and stick to the pan.

on the table in 20 MINUTES

GREEK BEEF PITAS

MAKES 4 SERVINGS

Easy Tzatziki

quarter	English cucumber, seeded
1 cup	2% plain Greek yogurt or sour cream
2¼ tsp	garlic powder
1 tbsp	lemon juice

Pitas

1 tsp	olive oil
454 g	lean ground beef
half	red onion, chopped
2 tsp	garlic powder
2 tsp	dried oregano
2 tsp	grated lemon zest
½ tsp	each salt and pepper
½ cup	chopped fresh parsley or fresh mint
3 tbsp	lemon juice
4	Greek-style pitas, lightly toasted
16	cherry tomatoes, halved
2 cups	packed baby spinach or baby kale

Easy Tzatziki Grate cucumber; wrap in clean tea towel, then squeeze to remove excess liquid. In small bowl, stir together cucumber, yogurt, garlic powder and lemon juice. Set aside.

Pitas In large nonstick skillet, heat oil over medium-high heat; sauté beef, red onion, garlic powder, oregano, lemon zest, salt and pepper, breaking up with spoon, until beef is no longer pink, 5 to 6 minutes. Remove from heat; stir in parsley and lemon juice.

Spread each pita with Easy Tzatziki; top each with beef mixture, tomatoes and spinach. Season with salt to taste. Serve warm.

PER SERVING about 626 cal, 40 g pro, 20 g total fat (7 g sat. fat), 72 g carb (5 g dietary fibre, 7 g sugar), 71 mg chol, 999 mg sodium, 844 mg potassium. % RDI: 30% calcium, 46% iron, 22% vit A, 27% vit C, 54% folate.

For a flavour boost, add chopped OLIVES.

{Swap ground lamb for the beef and spice it up with sliced green chilies.}

on the table in 30 MINUTES

TEST KITCHEN **TIP**

We love a crisp Sauvignon Blanc for this recipe because the wine's citrus notes balance the dish's rich, creamy flavour.

MUSHROOM & SPINACH BOW TIES

MAKES 4 SERVINGS

half	pkg (500 g) bow tie pasta (about 4 cups)
3 tbsp	unsalted butter
500 g	mixed mushrooms, thinly sliced
3	cloves garlic, finely grated or pressed
1½ tsp	dried thyme
½ tsp	pepper
¼ tsp	salt (approx)
1 cup	dry white wine (such as Sauvignon Blanc)
1 cup	grated Parmesan cheese (approx)
10 cups	lightly packed baby spinach

In large saucepan of boiling salted water, cook pasta according to package directions. Reserving 1 cup of the cooking liquid, drain.

Meanwhile, in large nonstick skillet, melt 2 tbsp of the butter over medium-high heat; sauté mushrooms, stirring frequently, until tender and golden, about 8 minutes. Add garlic, thyme, pepper and salt during last minute of cooking.

Add wine; bring to boil. Reduce heat and simmer, stirring often, until liquid is reduced by half, 3 to 5 minutes. Transfer mushroom mixture to pan used to cook pasta; place over medium heat. Stir in pasta, ½ cup of the cooking liquid and remaining butter; gradually stir in Parmesan until pasta is evenly coated. Stir in spinach, a few handfuls at a time, just until wilted. Add remaining cooking liquid; sprinkle with more salt and Parmesan, if desired.

PER SERVING about 434 cal, 18 g pro, 13 g total fat (7 g sat. fat), 58 g carb (6 g dietary fibre, 4 g sugar), 28 mg chol, 583 mg sodium, 969 mg potassium. % RDI: 21% calcium, 45% iron, 84% vit A, 13% vit C, 120% folate.

on the table in 15 MINUTES

ROSEMARY & CHILI CHICKEN CUTLETS

MAKES 4 SERVINGS

½ cup	dry white wine (such as Sauvignon Blanc)
1 tsp	chopped fresh rosemary
¼ to ½ tsp	hot pepper flakes
1 tsp	lemon zest
1	clove garlic, finely grated or pressed
2	boneless skinless chicken breasts (about 450 g total)
¼ tsp	salt
1 tbsp	olive oil
3 tbsp	cold butter, cut in cubes

In bowl, stir together wine, rosemary, hot pepper flakes to taste, lemon zest and garlic.

Place 1 chicken breast on cutting board. Holding knife blade parallel to board and with opposite hand on top of chicken, slice horizontally all the way through breast to form 2 thin cutlets; repeat with remaining breast. Sprinkle each with salt.

In nonstick skillet, heat oil over high heat; cook chicken, turning once, until golden brown, 5 to 8 minutes. Transfer chicken to warmed plate; tent with foil. Reduce heat to medium; add wine mixture. Cook, scraping bottom of pan, until wine is reduced by half, 2 to 3 minutes. Remove from heat; gradually swirl in butter until blended. Drizzle sauce over chicken. Serve with mashed potatoes or rice.

PER SERVING about 250 cal, 26 g pro, 14 g total fat (6 g sat. fat), 1 g carb (trace dietary fibre, trace sugar), 88 mg chol, 269 mg sodium, 356 mg potassium. % RDI: 1% calcium, 4% iron, 8% vit A, 3% vit C, 1% folate.

TEST
KITCHEN
TIP

Pie pumpkins, which have a sweet flavour, are perfect for this recipe.

TESTED TILL PERFECT
Canadian Living TEST KITCHEN

pumpkin soba noodle soup

With fall in the air and fresh pumpkins in the patch, a soup with plant-based protein is definitely on the menu.

RECIPE THE TEST KITCHEN

MAKES 4 SERVINGS
HANDS-ON TIME 30 MINUTES
TOTAL TIME 30 MINUTES

225 g	soba noodles
1 tbsp	each sesame oil and salted butter
2	cloves garlic, minced
1 tbsp	grated fresh ginger
1 cup	thinly sliced shiitake mushrooms
4 cups	sodium-reduced vegetable or mushroom broth
3 tbsp	hoisin sauce
2 tbsp	sodium-reduced soy sauce
1 tbsp	unseasoned rice vinegar
3 cups	cubed peeled pumpkin or butternut squash
1½ cups	frozen shelled edamame
4 cups	packed baby spinach

In saucepan of boiling salted water, cook noodles according to package directions. Drain and rinse under warm water; drain well. Set aside.

Meanwhile, in large saucepan, heat sesame oil and butter over medium heat; cook garlic and ginger for 1 minute. Add mushrooms; cook, stirring often, until softened, about 8 minutes. Add broth, hoisin sauce, soy sauce and vinegar. Bring to boil; add pumpkin. Reduce heat to medium; partially cover and simmer until pumpkin is tender, about 15 minutes. Add edamame during last 5 minutes of cooking. Remove from heat; stir in spinach. Divide noodles among 4 bowls; ladle soup over top.

PER SERVING about 416 cal, 19 g pro, 10 g total fat (3 g sat. fat), 71 g carb (11 g dietary fibre, 9 g sugar), 8 mg chol, 988 mg sodium, 835 mg potassium. % RDI: 14% calcium, 34% iron, 149% vit A, 37% vit C, 104% folate.

PHOTOGRAPHY, MAYA VISNYEI. FOOD STYLING, CLAIRE STUBBS. PROP STYLING, CATHERINE DOHERTY

Canadian Living

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mac 'n' cheese

You can't beat a classic comfort dish like mac 'n' cheese. It's a family favourite, student soul food and late-night crowd-pleaser. Making it from scratch isn't difficult—once you prep a big batch of the sauce, the rest is child's play.

TESTED TILL PERFECT
Canadian Living TEST KITCHEN

RECIPES JENNIFER DANTER & THE TEST KITCHEN

PHOTOGRAPHY MAYA VISNYEI

FOOD STYLING CLAIRE STUBBS

PROP STYLING CATHERINE DOHERTY

From the
creator of
House
THE
GOOD DOCTOR
MONDAYS 10/9c
CTV

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BIG BATCH MAC 'N' CHEESE SAUCE

MAKES 12 CUPS
HANDS-ON TIME 45 MINUTES
TOTAL TIME 45 MINUTES

6 tbsp	salted butter
1	large onion, minced
¾ cup	all-purpose flour
1 tsp	each garlic powder, nutmeg and pepper
½ tsp	salt
3 tbsp	Dijon mustard
8 cups	2% milk, warmed
6 cups	shredded aged white cheddar cheese
2 cups	shredded Gruyère cheese
2 cups	shredded mozzarella or Monterey Jack cheese

In large saucepan or Dutch oven, melt butter over medium heat; cook onion, stirring occasionally, until softened but not browned, about 5 minutes. Add flour, garlic powder, nutmeg, pepper and salt; cook, stirring constantly, until mixture begins to stick to pan, about 1 minute.

Whisk in mustard; gradually whisk in milk, 1 cup at a time, whisking after each addition. Increase heat to high; bring to boil, whisking constantly and scraping pan bottom. Reduce heat to medium-low; simmer, whisking constantly, until thickened, 7 to 8 minutes. Remove from heat; gradually stir in cheddar, Gruyère and mozzarella, ½ cup at a time, stirring after each addition, until melted and smooth.

PER ½ CUP about 185 cal, 10 g pro, 13 g total fat (7 g sat. fat), 8 g carb (0 g dietary fibre, 5 g sugar), 40 mg chol, 264 mg sodium, 164 mg potassium. % RDI: 26% calcium, 3% iron, 14% vit A, 2% vit C, 6% folate.

TEST KITCHEN TIP

Smooth sauce: Prevent clumps by ensuring that the milk is warm when whisking into the butter and flour mixture.

Night 1

FAMILY-SIZE MAC 'N' CHEESE

Like extra-creamy mac 'n' cheese? Skip the baking step and simply toast the topping until golden brown.

family-size mac 'n' cheese with **HERBED BREAD CRUMB TOPPING**

TEST KITCHEN **MAKE-AHEAD**

Let mac 'n' cheese cool for 15 minutes. Refrigerate in airtight container for up to 1 week or freeze for up to 3 months.

Night 2

CHEESY ROASTED CAULIFLOWER

TEST KITCHEN **TIP**

Serve the cauliflower with Caesar salad and pan-fried pork chops.

cheesy roasted **CAULIFLOWER**

CAESAR VINAIGRETTE

MAKES ABOUT ¾ CUP
HANDS-ON TIME 5 MINUTES
TOTAL TIME 5 MINUTES

½ cup	vegetable oil
1 tsp	lemon zest
¼ cup	lemon juice
4 to 6	anchovy fillets or 1 tbsp anchovy paste (approx)
2	cloves garlic, finely grated or pressed
1 tsp	liquid honey
½ tsp	pepper
¼ tsp	salt

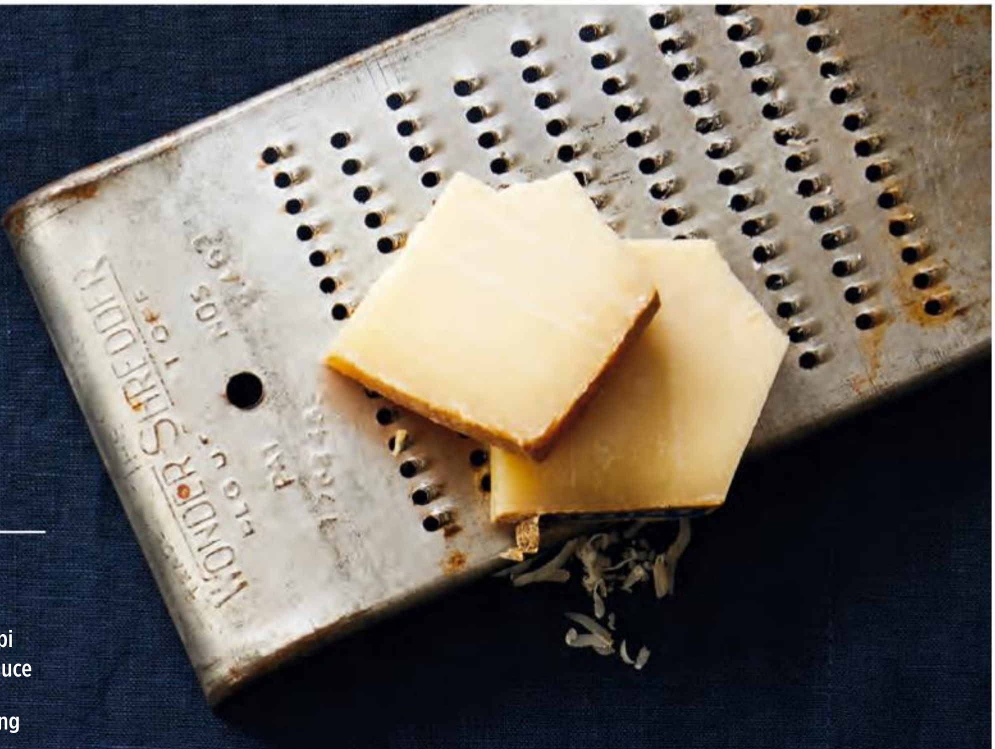
In glass measure or small bowl, combine oil, lemon zest, lemon juice, anchovies to taste, garlic, honey, pepper and salt. Using immersion blender, purée until smooth.

PER 2 TBSP about 169 cal, 1 g pro, 19 g total fat (13 g sat. fat), 2 g carb (1 g dietary fibre, trace sugar), 1 mg chol, 160 mg sodium, 19 mg potassium. % RDI: 1% calcium, 1% iron, 8% vit C.

TEST KITCHEN **TIP**

Drizzle over romaine hearts and sprinkle with leftover Herbed Bread Crumb Topping instead of traditional croutons.

mushroom &
sausage **GNOCCHI**



FAMILY-SIZE MAC 'N' CHEESE

MAKES 8 SERVINGS
HANDS-ON TIME 10 MINUTES
TOTAL TIME 45 MINUTES

3 cups	elbow macaroni or cavatappi
6 cups	Big Batch Mac 'n' Cheese Sauce (see recipe, page 118)
1 cup	Herbed Bread Crumb Topping (see recipe below)

Preheat oven to 400°F. Grease 10- to 12-cup casserole dish. In large saucepan of boiling salted water, cook pasta according to package directions until almost al dente: drain. Set aside.

Heat Big Batch Mac 'n' Cheese Sauce in same pan over medium heat, stirring often, until warmed through, 3 to 5 minutes; stir in pasta. Scrape into prepared dish. Sprinkle with Herbed Bread Crumb Topping. Bake, uncovered, until bubbly, 15 minutes. Let stand for 10 minutes before serving.

PER SERVING about 549 cal, 24 g pro, 23 g total fat (13 g sat. fat), 62 g carb (3 g dietary fibre, 9 g sugar), 67 mg chol, 624 mg sodium, 308 mg potassium. % RDI: 42% calcium, 18% iron, 24% vit A, 2% vit C, 67% folate.

HERBED BREAD CRUMB TOPPING

MAKES 2½ CUPS
HANDS-ON TIME 15 MINUTES
TOTAL TIME 15 MINUTES

¼ cup	salted butter
2 cups	panko bread crumbs
½ cup	grated Parmesan or pecorino cheese
2 tbsp	chopped fresh thyme

In nonstick skillet, melt butter over medium heat; cook panko, stirring often, until light golden, about 5 minutes. Transfer to bowl; stir in Parmesan and thyme.

PER ¼ CUP about 115 cal, 3 g pro, 6 g total fat (3 g sat. fat), 14 g carb (1 g dietary fibre, 1 g sugar), 14 mg chol, 99 mg sodium, 7 mg potassium. % RDI: 3% calcium, 2% iron, 5% vit A, 2% vit C.

MUSHROOM & SAUSAGE GNOCCHI

MAKES 6 SERVINGS
HANDS-ON TIME 30 MINUTES
TOTAL TIME 30 MINUTES

500 g	gnocchi
500 g	spicy or mild Italian sausage, casings removed
227 g	sliced cremini mushrooms
1 cup	frozen peas, thawed
2 cups	Big Batch Mac 'n' Cheese Sauce (see recipe, page 118)
2 cups	packed baby spinach
¼ cup	packed fresh basil leaves

In large saucepan of boiling salted water, cook gnocchi according to package directions. Reserving ½ cup of the cooking liquid, drain. Set aside.

In large nonstick skillet, cook sausage over medium-high heat, breaking up with spoon, for 2 minutes. Add mushrooms; cook, stirring occasionally, until browned, 6 to 8 minutes. Add gnocchi; cook, stirring occasionally, until lightly browned, 3 to 5 minutes.

Stir in peas, reserved cooking liquid and Big Batch Mac 'n' Cheese Sauce until combined. Cook, stirring occasionally, until thickened, 5 to 8 minutes (sauce may separate but will come together as it cooks). Stir in spinach during last 2 minutes of cooking. Top with basil and serve immediately.

PER SERVING about 507 cal, 24 g pro, 24 g total fat (10 g sat. fat), 51 g carb (4 g dietary fibre, 6 g sugar), 78 mg chol, 1,118 mg sodium, 608 mg potassium. % RDI: 22% calcium, 14% iron, 27% vit A, 10% vit C, 22% folate.

CHEESY ROASTED CAULIFLOWER

MAKES 6 TO 8 SERVINGS
HANDS-ON TIME 10 MINUTES
TOTAL TIME 1 HOUR

10 cups	chopped cauliflower (about 1 head)
1	large red onion, sliced
3 tbsp	vegetable oil
½ tsp	salt
2 cups	Big Batch Mac 'n' Cheese Sauce (see recipe, page 118)
3 tbsp	sliced fresh chives

Preheat oven to 425°F. Line large rimmed baking sheet with parchment paper. In large bowl, toss together cauliflower, red onion, oil and salt. Arrange in single layer on prepared pan. Roast until cauliflower is golden and crisp around edges, about 40 minutes.

Meanwhile, in microwaveable bowl, microwave Big Batch Mac 'n' Cheese Sauce on medium, stirring every 30 seconds, until heated through, 2 to 3 minutes. Spoon 1 cup of the sauce over cauliflower mixture on pan; roast for 10 to 15 minutes. Transfer to platter and spoon remaining sauce over top. Garnish with chives.

PER EACH OF 8 SERVINGS about 178 cal, 7 g pro, 12 g total fat (4 g sat. fat), 12 g carb (4 g dietary fibre, 6 g sugar), 20 mg chol, 294 mg sodium, 300 mg potassium. % RDI: 16% calcium, 5% iron, 8% vit A, 90% vit C, 29% folate.

apples

Let fall baking be the apple of your eye!

RECIPES ALANNA LIPSON
& THE TEST KITCHEN
PHOTOGRAPHY MAYA VISNYEI
FOOD STYLING CLAIRE STUBBS
PROP STYLING CATHERINE DOHERTY

Gala
Granny Smith
McIntosh
Cortland

From crisp Cortlands to tart Northern Spy, there's a variety of apple to suit any recipe. There's also a dish to suit every baker, so whether you're a novice, middling or expert cook, here's how to make the most of autumn's delicious iconic fruit.

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Join us as we show you how to mix, shake and stir your way to creating the perfect drink for your guests. Learn the art of entertaining with Canadian Living executive food editor, **Jennifer Danter** and Style at Home's associate design editor, **Morgan Lindsay**.

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TEST KITCHEN TIP

Use a fine grater to grate leftover cinnamon sticks into a powder. So fragrant!

CLASSIC APPLESAUCE

MAKES 6 CUPS
HANDS-ON TIME 10 MINUTES
TOTAL TIME 35 MINUTES

12	apples, such as Golden Russet or McIntosh (about 1.8 kg)
1 cup	apple cider or water
2	cinnamon sticks
1 tsp	grated lemon zest
1 tbsp	lemon juice
1 to 4 tbsp	granulated sugar

Peel, core and chop apples. In large saucepan, bring apples, cider, cinnamon sticks and lemon zest to boil over medium-high heat. Reduce heat to low; partially cover and simmer, stirring occasionally, until tender, about 25 minutes.

Remove cinnamon sticks; discard. Using potato masher, mash apple mixture until chunky (for smoother sauce, use immersion blender and purée until smooth). Stir in lemon juice. Add sugar, 1 tbsp at a time, until desired sweetness.

Pack into six 1½-cup canning jars, leaving ½-inch headspace; let cool completely. Refrigerate for up to 1 week or freeze for up to 3 months.

PER ½ CUP about 76 cal, trace pro, trace total fat (0 g sat. fat), 20 g carb (2 g dietary fibre, 17 g sugar), 0 mg chol, 1 mg sodium, 142 mg potassium. % RDI: 1% calcium, 1% iron, 7% vit C.

Change it up

① SUGAR & SPICE

Add ¼ tsp pumpkin pie spice to apple mixture before cooking. Omit granulated sugar; sweeten to taste with 2 to 4 tbsp dark brown sugar.

② HOT TODDY

After apple mixture is mashed, stir in additional 1 tbsp lemon juice and 4 to 6 tbsp rum or whiskey. Omit granulated sugar; sweeten with 1 to 3 tbsp liquid honey.

③ ORANGE & SAFFRON

Substitute grated orange zest for lemon zest, and orange juice for apple cider and lemon juice. Substitute 4 whole star anise for cinnamon sticks; add generous pinch of saffron before cooking. Sweeten with 1 to 2 tbsp granulated sugar.

④ CRANBERRY GINGER

Stir 2 cups fresh or frozen cranberries into apple mixture. Substitute 1 tbsp grated fresh ginger for cinnamon sticks; add ½ cup granulated sugar before cooking. After cooking, sweeten with 1 to 2 tbsp granulated sugar.

Simple

Homemade applesauce is easy to make, and these variations transform it from classic to truly special!

Orange and Saffron
Cranberry Ginger

TEST KITCHEN TIP

Golden Russet or McIntosh apples are ideal for applesauce **because** their natural sweetness means you need to **add** less sugar.

classic **APPLESAUCE**

Special

These sticky buns only look elaborate. If you prep everything the day before, all that's left to do is pop them in the oven.

caramel apple STICKY BUNS

TEST KITCHEN TIP

Chopped walnuts are a great substitute for crunchy pecans.

APPLE PIE with cheddar crust

Spectacular

Move over, lattice tops! Delicate pastry braids give this pie an elegant yet rustic look.

CHANGE IT UP! Make rosemary lemon pastry: Omit cheddar; add 2 tbsp minced fresh rosemary and 1 tbsp grated lemon zest to flour mixture before drizzling with ice water.

CARAMEL APPLE STICKY BUNS

MAKES 12 BUNS
HANDS-ON TIME 1 HOUR
RISING TIME 2 HOURS
TOTAL TIME 3½ HOURS

Dough

3 cups	all-purpose flour (approx)
¼ cup	granulated sugar
1½ tsp	quick-rising (instant) dry yeast
½ tsp	salt
2 tbsp	unsalted butter
⅔ cup	2% milk
1	egg, lightly beaten

Glaze & Filling

4	Cortland apples (unpeeled)
1 cup	packed brown sugar
¼ cup	unsalted butter, cubed
2 cups	chopped pecans
1 cup	apple butter
1 tbsp	cinnamon
2 tsp	ground ginger

Dough In large bowl, whisk together flour, sugar, yeast and salt. In small saucepan, melt butter over medium-high heat; add milk and heat until warm (but not hot). Pour milk mixture into flour mixture; add egg. With wooden spoon, stir until ragged dough forms.

Turn out onto lightly floured work surface; knead dough, dusting with up to ¼ cup more flour if needed to prevent sticking, until soft and elastic, 7 to 10 minutes.

Place in greased bowl, turning to grease all over; cover with plastic wrap. Let rise in warm draft-free place until doubled in size, 1 to 1½ hours.

Glaze & Filling Line 13- x 9-inch baking dish with parchment paper. Meanwhile, grate apples to measure 4 cups; strain through fine-mesh sieve into small bowl, pressing on solids with back of spoon and scraping bottom of sieve to extract juice. Reserve grated apple and ¾ cup of the apple juice; discard (or drink) remaining apple juice.

In nonstick skillet, bring apple juice and brown sugar to boil over medium-high heat until thickened, about 5 minutes. Add butter; cook, stirring, for 1 minute. Remove from heat. Reserving 3 tbsp, spread remaining glaze evenly over bottom of prepared pan; sprinkle with 1 cup of the pecans.

In bowl, stir together apple butter, reserved glaze, cinnamon and ginger.

Assembly Preheat oven to 350°F. Turn out dough onto lightly floured work surface; roll out to 16- x 12-inch rectangle. Leaving ½-inch border on 1 long edge, spread apple butter mixture evenly over dough; sprinkle reserved apple and remaining pecans over top. Starting at long edge opposite border, tightly roll up dough, pinching seams to seal.

With serrated knife, cut crosswise into 12 buns; arrange, cut side up, in prepared pan. Cover with damp tea towel; let rise in warm draft-free place until doubled in size, about 1 hour.

Bake until golden and buns sound hollow when gently tapped, 30 to 35 minutes. Let cool in pan for 5 minutes; invert onto serving platter. Serve warm same day they're made.

PER BUN about 451 cal, 7 g pro, 21 g total fat (5 g sat. fat), 63 g carb (4 g dietary fibre, 26 g sugar), 32 mg chol, 115 mg sodium, 261 mg potassium. % RDI: 6% calcium, 19% iron, 7% vit A, 3% vit C, 30% folate.

APPLE PIE WITH CHEDDAR CRUST

MAKES 8 SERVINGS
HANDS-ON TIME 40 MINUTES
TOTAL TIME 4 HOURS

Pastry

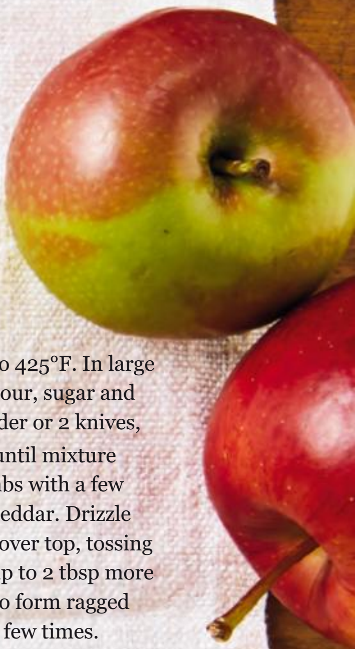
2½ cups	all-purpose flour
2 tbsp	granulated sugar
¾ tsp	salt
½ cup	each cold unsalted butter and lard, cubed
1½ cups	grated sharp cheddar cheese
½ cup	ice water (approx)

Filling

¾ cup	granulated sugar
¼ cup	tapioca starch
2 tbsp	lemon juice
2 tsp	ground ginger
1 tsp	vanilla
½ tsp	cinnamon
8 cups	thinly sliced cored peeled baking apples (such as Northen Spy or Granny Smith)

Assembly

1	egg yolk
2 tsp	water
1 tbsp	coarse sugar



Pastry Preheat oven to 425°F. In large bowl, whisk together flour, sugar and salt. Using pastry blender or 2 knives, cut in butter and lard until mixture resembles coarse crumbs with a few larger pieces; stir in cheddar. Drizzle 6 tbsp of the ice water over top, tossing with fork and adding up to 2 tbsp more ice water if necessary to form ragged dough. Knead dough a few times.

Divide dough in half; shape into discs. Wrap each in plastic wrap; refrigerate until chilled, about 30 minutes.

Filling Meanwhile, in large bowl, stir together sugar, tapioca starch, lemon juice, ginger, vanilla and cinnamon; add apples, tossing to coat. Set aside.

Assembly On lightly floured work surface, roll out 1 of the pastry discs to ⅛-inch thickness; fit into 9-inch pie plate. Trim to fit, leaving 1-inch overhang; fold overhang under and crimp edge. Scrape filling into crust, packing firmly.

Roll out remaining pastry disc to ⅛-inch thickness. Using pizza cutter or knife, cut into fifteen ¾-inch strips. Place on parchment paper–lined baking sheet; refrigerate until chilled but not completely firm, about 8 minutes. Weave together 3 pastry strips at a time to create 5 braids. Return to baking sheet; refrigerate for 8 minutes. Arrange braids over filling, trimming at edge of bottom crust; press to adhere.

Whisk egg yolk with 2 tsp water; brush over braids and sprinkle with sugar.

Bake on rimmed baking sheet on bottom rack for 20 minutes. Reduce oven temperature to 350°F; bake until filling is bubbly and crust is golden, about 55 minutes. Let cool completely in pan on rack.

PER SERVING about 483 cal, 7 g pro, 24 g total fat (12 g sat. fat), 63 g carb (3 g dietary fibre, 34 g sugar), 62 mg chol, 227 mg sodium, 153 mg potassium. % RDI: 7% calcium, 13% iron, 12% vit A, 7% vit C, 23% folate.

To:
From:
ORANGE AND SAFFRON
Hot Toddy
Oct.
Cranberry Ginger
Sugar and Spice

Add a pop of colour to packages with red-and-white butcher's twine.

Use a hole punch, then attach tags to packages with twine.

Experiment with different typefaces, handwriting and stamping techniques for your labels.

Too good not to share! Pack homemade apple treats in giveaway containers and add DIY tags for fall housewarmings and back-to-school gifts.

Sasha
Alexandra
Thomas
Margot

RECIPES THE TEST KITCHEN
PHOTOGRAPHY MAYA VISNYEI
FOOD STYLING CLAIRE STUBBS
PROP STYLING LARA McGRAW

menu
cider-glazed turkey
squash & quinoa pilaf
mini hasselback potatoes
haricots verts with pancetta
sausage & apple stuffing
dessert
dark chocolate bourbon pecan pie
Margot

CALLIGRAPHY, SYLVIA WONG/VIA CALLIGRAPHY.COM

Giving Thanks

This is one holiday menu your family will be talking about for years to come. We've elevated some traditional dishes and added new ones that just may become classics in their own right.

While we consider family and food the centrepieces of our table, a loosely arranged bouquet of mixed flowers and grasses contrasts all those gloriously golden dishes. A magenta table runner and decorative pumpkins and linens in moody hues add sophistication.

TESTED TILL PERFECT
Canadian Living TEST KITCHEN

TEST KITCHEN **TIP**

Squeeze the soft roasted garlic from its papery skins and serve with potatoes.

HARICOTS VERTS with pancetta

mini hasselback **POTATOES**

sausage & apple
STUFFING

squash & **QUINOA PILAF**

TEST KITCHEN TIP

Gluten-free guests? Replace the miso paste with tahini.

SQUASH & QUINOA PILAF

MAKES 6 TO 8 SERVINGS
HANDS-ON TIME 25 MINUTES
TOTAL TIME 1¼ HOURS

1	butternut squash, peeled and chopped (about 1.3 kg)
¼ cup	olive oil
450 g	large brussels sprouts, thinly sliced
1 cup	rainbow quinoa, rinsed
2 tbsp	white miso paste
1 tbsp	liquid honey
1 tbsp	lemon zest
2 tbsp	lemon juice
¼ tsp	pepper
¼ cup	cold water
½ cup	packed fresh parsley
½ cup	roasted unsalted almonds, coarsely chopped
⅓ cup	pepitas, toasted
⅓ cup	minced red onion
¼ cup	dried cranberries

Preheat oven to 400°F. Line large baking sheet with parchment paper. Toss squash with 2 tbsp of the oil; arrange in single layer on prepared pan. Roast squash until tender, about 20 minutes. Add brussels sprouts to pan; roast for 5 minutes.

In saucepan of boiling water, cook quinoa according to package directions.

Meanwhile, in bowl, whisk together miso paste, honey, lemon zest, lemon juice and pepper until smooth. Whisk in remaining oil and water until combined.

In large bowl, gently toss together squash mixture, quinoa, miso paste mixture, parsley, almonds, pepitas, red onion and cranberries.

PER EACH OF 8 SERVINGS about 295 cal, 8 g pro, 13 g total fat (2 g sat. fat), 41 g carb (9 g dietary fibre, 10 g sugar), 0 mg chol, 187 mg sodium, 799 mg potassium. % RDI: 10% calcium, 26% iron, 157% vit A, 108% vit C, 45% folate.

cider-glazed TURKEY

TEST KITCHEN TIP

Keep everything warm by preheating serving dishes and platters beforehand.

dark chocolate bourbon **PECAN PIE**

CIDER-GLAZED TURKEY

MAKES 8 TO 10 SERVINGS
HANDS-ON TIME 30 MINUTES
TOTAL TIME 4½ HOURS

Cider Glaze

1 cup	unsweetened apple cider
¼ cup	unsalted butter, cubed

1	whole turkey (about 5.4 kg)
½ cup	unsalted butter, softened
1 tbsp	each chopped fresh thyme and fresh sage leaves
1 tsp	each salt and pepper
5	cloves garlic, smashed
2	carrots, chopped
1	onion, chopped
1	stalk celery, chopped
2 to 4	large sprigs fresh rosemary
2 tbsp	all-purpose flour
6 cups	sodium-reduced chicken broth

Cider Glaze In saucepan, bring apple cider to boil over medium-high heat; cook until reduced by half, 7 to 10 minutes. Remove from heat; whisk in butter. Set aside.

Preheat oven to 450°F. Remove giblets and neck from turkey; set aside. Place turkey, breast side up, on greased rack in roasting pan. In small bowl, stir together butter, thyme, sage, salt and pepper. Rub turkey all over with butter mixture.

Roast for 30 minutes. Remove from oven and reduce heat to 350°F; place garlic, carrots, onion, celery, rosemary to taste and reserved giblets and neck in roasting pan. Continue to roast, basting every 30 minutes with Cider Glaze and loosely covering with foil if browning too quickly, until instant-read thermometer inserted in thickest part of breast reads 170°F, about 3 hours.

Transfer turkey to platter. Using turkey baster, or tilting turkey with tongs over heatproof bowl, remove juices from inside turkey; whisk in flour. Set aside. Loosely tent turkey with foil; let rest for 30 minutes before carving.

Meanwhile, transfer roasting pan to stovetop; discard giblets and neck. Stir in broth; bring to boil over medium-high heat. Reduce heat to medium; simmer for 20 minutes, scraping up any browned bits. Whisk in flour mixture; bring to boil over medium-high heat. Reduce heat to medium; simmer, whisking often, until thickened, 5 to 8 minutes. Strain through fine-mesh sieve into serving bowl. Serve with turkey.

PER EACH OF 10 SERVINGS about 593 cal, 69 g pro, 32 g total fat (14 g sat. fat), 5 g carb (trace dietary fibre, 4 g sugar), 270 mg chol, 740 mg sodium, 997 mg potassium. % RDI: 3% calcium, 11% iron, 12% vit A, 10% folate.

MINI HASSELBACK POTATOES

MAKES 6 TO 8 SERVINGS
HANDS-ON TIME 20 MINUTES
TOTAL TIME 1½ HOURS

1½ kg	unpeeled mini yellow-fleshed potatoes
2 tbsp	olive oil
1 tsp	flaked sea salt
½ tsp	pepper

6	cloves garlic, smashed
1	sprig fresh rosemary

Preheat oven to 425°F. Line baking sheet with parchment paper. Without cutting all the way through, slice potatoes crosswise into scant ¼-inch thick rounds.

Arrange potatoes in single layer on prepared pan. Drizzle with oil; sprinkle with salt and pepper. Roast for 30 minutes. Add garlic and rosemary; roast until potatoes are golden and edges are crispy, 25 to 30 minutes.

PER EACH OF 8 SERVINGS about 166 cal, 4 g pro, 4 g total fat (1 g sat. fat), 31 g carb (3 g dietary fibre, 2 g sugar), 0 mg chol, 147 mg sodium, 770 mg potassium. % RDI: 2% calcium, 11% iron, 23% vit C, 18% folate.

HARICOTS VERTS WITH PANCETTA

MAKES 6 SERVINGS
HANDS-ON TIME 10 MINUTES
TOTAL TIME 25 MINUTES

115 g	smoked pancetta or double-smoked bacon, cut in ¼-inch strips
1 tbsp	unsalted butter
12	small shallots or cipollini onions, quartered
1 cup	peeled roasted chestnuts (about two 100 g bags)
450 g	haricots verts, trimmed and halved crosswise
1 tsp	fresh thyme

Cut pancetta into ½-inch pieces. In nonstick skillet, melt butter over medium-high heat; sauté pancetta, stirring occasionally, until beginning to sizzle, about 3 minutes. Add shallots and chestnuts; cook, stirring often, until pancetta is crisp and shallots are golden and beginning to soften, about 10 minutes.

Meanwhile, in large saucepan of boiling salted water, cook haricots verts until bright green and tender-crisp, about 4 minutes. Drain; add to pancetta mixture. Stir in thyme.

PER SERVING about 205 cal, 7 g pro, 8 g total fat (3 g sat. fat), 29 g carb (4 g dietary fibre, 6 g sugar), 22 mg chol, 399 mg sodium, 414 mg potassium. % RDI: 5% calcium, 9% iron, 10% vit A, 25% vit C, 25% folate.

SAUSAGE & APPLE STUFFING

MAKES 8 SERVINGS
HANDS-ON TIME 30 MINUTES
TOTAL TIME 1½ HOURS

1	loaf sourdough bread, cut in ¾-inch cubes (about 10 cups)
680 g	sweet Italian sausage, casings removed
⅓ cup	unsalted butter
3	stalks celery, diced
1	large sweet onion, finely chopped
3	large Granny Smith apples, peeled, cored and diced
1 tsp	kosher salt
½ tsp	each pepper and fennel seeds
2 tbsp	finely chopped fresh sage leaves
1 tsp	grated lemon zest
1½ cups	chicken broth, warmed

Preheat oven to 350°F. Grease 13- x 9-inch baking dish. Toast bread in single layer on large rimmed baking sheet until golden, 15 to 20 minutes. Transfer to large bowl.

In nonstick skillet, cook sausage over medium heat, breaking up with spoon, until browned, about 8 minutes. Add to bread.

In same skillet, melt butter over medium-high heat; sauté celery and onion for 5 minutes. Add apples, salt, pepper and fennel seeds; cook, stirring occasionally, until apples begin to soften, about 3 minutes. Stir in sage and lemon zest; toss with bread mixture.

Pour broth over bread mixture; toss to coat. Transfer to prepared pan; cover with foil and bake for 30 minutes. Remove foil; bake until top is golden, about 30 minutes. Serve warm.

PER SERVING about 470 cal, 19 g pro, 24 g total fat (11 g sat. fat), 47 g carb (3 g dietary fibre, 12 g sugar), 73 mg chol, 1,392 mg sodium, 463 mg potassium. % RDI: 5% calcium, 17% iron, 8% vit A, 8% vit C, 31% folate.

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MENU

Cider-Glazed Turkey

Mini Hasselback Potatoes

Haricots Verts With Pancetta

Sausage & Apple Stuffing

Squash & Quinoa Pilaf

Dark Chocolate Bourbon Pecan Pie

ONE WEEK BEFORE

• **Order the turkey.** Let the butcher know which day you want to pick it up. Mark that date on your calendar! • **Print out recipes** and make your grocery list. Don't forget cranberry sauce—and ice cream for the pie. • **Prepare pastry** for Dark Chocolate Bourbon Pecan Pie; freeze. • **Delegate appetizers** to family and friends—you have enough on your plate! (For appetizer ideas, go to canadianliving.com/holidayappetizers.) • **Place an order with a florist** so you can guarantee that you get the flowers you want.

THREE DAYS BEFORE

• **Roast and peel chestnuts** for Haricots Verts With Pancetta. Quarter the shallots; place in a resealable plastic bag with the cooled chestnuts. • **Call the appetizer gang** for a check-in.

TWO DAYS BEFORE

• **Defrost the pie pastry** in the fridge overnight. Set up a baking station with rolling pin, flour, maple leaf cookie cutter and pie plate. • **Prepare Sausage & Apple Stuffing** (but don't pour broth over top yet); refrigerate.

ONE DAY BEFORE

• **Pick up the flowers and turkey.** • **Prepare Cider Glaze.** • **Roll out pastry** for Dark Chocolate Bourbon Pecan Pie; refrigerate. Reroll the scraps and cut out maple leaves. Bake piecrust and pastry leaves. • **Chop the squash and slice the brussels sprouts** for Squash & Quinoa Pilaf; store them in separate resealable plastic bags. Cook the quinoa; let it cool in the fridge. Prepare the dressing. Measure out the almonds, pepitas and cranberries; combine, cover and set aside. • **Trim haricots verts** for Haricots Verts With Pancetta; blanch and cool in an ice bath. Cut the pancetta. • **Pull out serving dishes.** Attach sticky notes with recipe names for what goes where. Don't forget the gravy boat and small bowls for cranberry sauce. • **Set the table.** • **Pour yourself** a well-deserved glass of wine.

DAY OF

• **Prepare pie filling and bake the pie.** • **Roast the turkey.** As it rests, you'll free up oven space for other dishes. • **Pour broth over Sausage & Apple Stuffing;** bake. • **Finish Squash & Quinoa Pilaf:** Roast the squash and brussels sprouts; reheat the quinoa in the microwave. Assemble and garnish. • **Bring haricots verts to room temperature;** finish Haricots Verts With Pancetta. • **Roast Mini Hasselback Potatoes** while the turkey is resting. They taste best straight from the oven, so do this 30 minutes before you're ready to dig in.

PHOTOGRAPHY, MAYA VISNYEI. ILLUSTRATION, ISTOCKPHOTO

TEST KITCHEN SECRET TANNED TURKEY

Here's how to achieve that golden and crispy finish. Mix together a quarter cup of balsamic vinegar and a quarter cup of melted butter, then generously baste the turkey during the last 15 to 20 minutes of roasting.

GRAVY IS LUMPY

In a blender, purée the gravy in batches, then strain it through a fine-mesh sieve. Whisk in a knob or two of butter.

HOW TO AVOID DRY BREAST MEAT

Roast the turkey breast side down for the first two hours, then turn it over and continue with the recipe. If that's too unwieldy, try brining instead. Brining before roasting is a foolproof way to keep meat moist. Failing that, revive dry meat with a drizzle of warm chicken broth just before serving.

TURKEY IS TOO BIG FOR THE OVEN

Ask a butcher to carve it, then cook the legs separately from the breasts. Or buy two smaller birds; large turkeys often cook less evenly—and they take a long time, too.

HOW TO KEEP FOOD WARM

It's OK to serve stuffing and turkey at room temperature (for no more than two hours) as long as the gravy isn't! Pour piping-hot gravy into an insulated bottle or carafe; transfer it to a warm gravy boat just before serving. Free up oven space by using a slow cooker to keep mashed potatoes warm. Butter the insert first and coat the bottom with a little cream; spoon in the spuds and set the temperature to low, stirring occasionally.

WHEN IS IT DONE?

Never guess! Invest in an instant-read thermometer to know when the turkey is cooked to perfection. Insert the thermometer into the thickest part of the breast until the temperature reads 170°F (see resting tip, below).

Turkey Roasting Guide

The Numbers Game

Whole turkeys commonly range from six to 25 pounds. While nearly everybody enjoys leftovers, there can be too much of a good thing.

The basic rule of thumb for calculating how much turkey you'll need is to tally about a pound per person. Bump that up to 1½ or two pounds if you want leftovers.

8 PEOPLE	12 to 16 lb
10 PEOPLE	15 to 20 lb
12 PEOPLE	18 to 24 lb
14 PEOPLE	21 to 28 lb
16 PEOPLE	24 to 32 lb

Give It a Rest

For really juicy meat, let the turkey rest on the counter for 30 minutes (or up to an hour for a large bird) before carving. As it roasts, the muscle fibres firm up, pushing juices toward the surface of the meat. If you cut into it right away, those juices will escape! Instead, keep the turkey snugly covered with foil. Bear in mind that the temperature of the bird will continue to rise as it rests, so take it out of the oven around the 170°F mark.

Canadian Living

YOUR WAY

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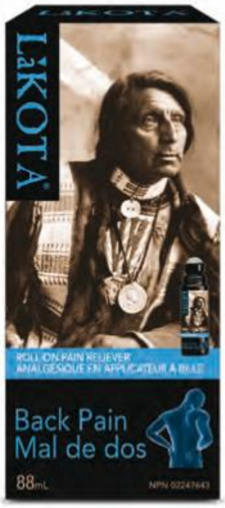
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Canadian Living TEST KITCHEN

Peanut Butter Brownies

Adding a swirl of peanut butter takes this classic chocolaty treat to a whole new level of delicious.

RECIPE THE TEST KITCHEN

MAKES 16 SQUARES
HANDS-ON TIME 35 MINUTES
TOTAL TIME 1¼ HOURS

½ cup	unsalted butter, softened
½ cup	crunchy or smooth peanut butter
170 g	bittersweet chocolate, chopped (about 6 oz)
1½ cups	granulated sugar
4	large eggs
1 cup	all-purpose flour
½ cup	cocoa powder
¼ tsp	baking powder
⅓ cup	chopped roasted peanuts

Topping

2 tbsp	natural peanut butter
2 tbsp	chopped roasted peanuts
2 tbsp	semisweet chocolate chips

Preheat oven to 325°F. Grease 9-inch square baking pan. In small saucepan, stir together butter, peanut butter and chocolate over low heat until mixture is smooth. Remove from heat.

In large bowl, whisk sugar with eggs. Whisk in chocolate mixture.

In small bowl, sift together flour, cocoa powder and baking powder; gently fold into chocolate mixture until combined. Stir in peanuts; scrape into prepared pan.

Topping Dollop peanut butter by 1 tsp over top batter; using knife tip, gently swirl to create marble effect. Sprinkle with peanuts and chocolate chips. Bake until cake tester inserted in centre comes out clean with a few moist crumbs clinging, about 30 minutes. Let cool completely in pan; cut into squares.

PER SQUARE about 325 cal, 7 g pro, 19 g total fat (8 g sat. fat), 35 g carb (3 g dietary fibre, 24 g sugar), 63 mg chol, 72 mg sodium, 198 mg potassium. % RDI: 3% calcium, 13% iron, 8% vit A, 15% folate.

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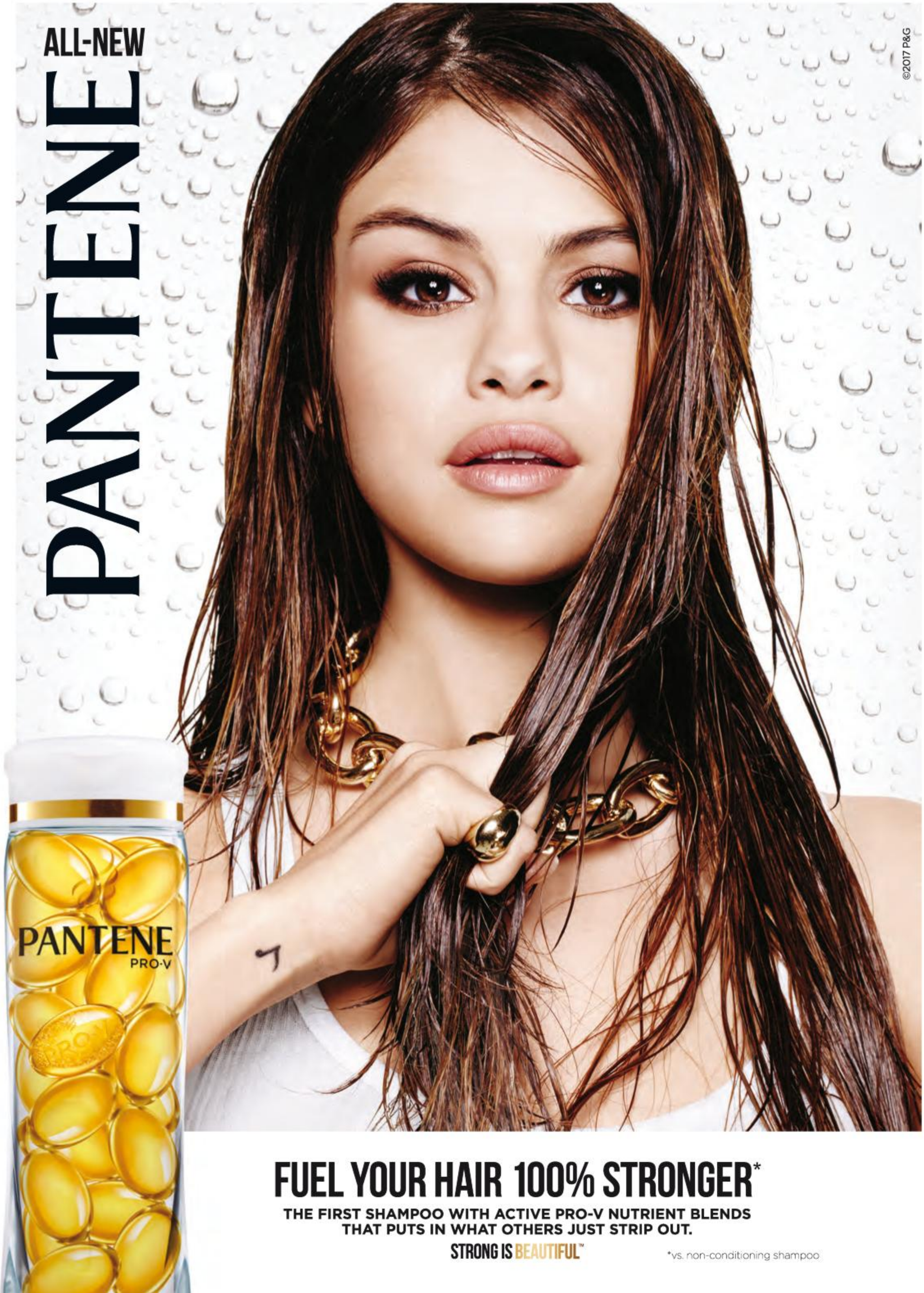
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